



# No Excuses WT

Jan. 2014

Looking back, heading forward

WORD TO THE WISE

## A New Year, A New You?

by Brant Nelson

Welcome to 2014! It's a new semester, a new year, a new start, a new you... right? That's what we tell ourselves when we are counting down to midnight. We make resolutions. We are going to drink less caffeine and start going to the gym, get rid of that holiday weight, and learn Japanese.

How long do these resolutions really last though? Do you even remember your resolutions from last year? I think mine was to drink less coffee. I drank a lot of coffee in 2013, as I plan to do in 2014. Coffee is delicious and makes me feel good.

My point is that the New Year is not a rebirth. There is no such thing. Instead, each day we are evolving. The habits we form, the decisions we make, all evolve us into who we are. Take some time to reflect on the person you are now.

Think about your last year. What have you learned? How have you grown? What mistakes were made? In essence, how have you evolved?

Before we can fully place a solid foot forward, you must first be able to identify where you are standing.

Once you have done so, set concrete goals for how you plan to improve yourself. Write these goals down and look at them often.

Maybe this past semester has taught you that you need better study habits. Make a plan. How many hours do you need to set aside for studying each week for each class? Set up with your professor regular one-on-one meetings. Attend Supplemental Instruction. Whatever your plan is, write it in your calendar and stick to it.

If you realize what it is you need to improve this semester but aren't sure how to go about it, talk to your mentor. That is what they are there for!

"How few there are who have courage enough to own their faults, or resolution enough to mend them.

—Benjamin Franklin

### JANUARY EVENTS

#### University Opens

Thursday, January 2nd

#### Spring Classes Begin

Monday, January 13th

#### Leadership Team Applications Due

Friday, January 17th

#### MLK Day—University Closed

Monday, January 20th

#### Leadership Team Interviews

Friday, January 24th