Happy New Year!

2020 Vision: Setting Clear Goals for a New Semester

As your student returns to campus, it is important to acknowledge how this semester may differ from previous semesters for you and your student. "New year, new me", sound familiar? Often a new year comes with new or refreshed goals, therefore it is important to discuss effective goal setting strategies with your student. Studies show talking about your goals with friends or family allows for accountability. We'll share a three step approach to goal setting that may be helpful to both you and your student. Goal setting is important to achieving success, however evaluating the methods to achieve your goals is equally important. With that, the first step in our approach is to reflect. Reflection is often an overlooked part of the goal setting process. Encourage your student to think about a previous goal that they achieved and what strategies they utilized. What went well? How did they achieve that goal? What were some of the pitfalls? Reflection can help your student identify areas of strength and areas of opportunity to actualize their goals. The second step is to plan. According to Antonie de Saint-Exupery, "A goal without a plan is simply a wish."

We encourage using a combination of SMART and HARD criteria when setting goals.

**SMART Goals**
- S: Specific
- M: Measurable
- A: Attainable
- R: Relevant
- T: Time-bound

**HARD Goals**
- H: Heartfelt
- A: Animated
- R: Required
- D: Difficult

Using the SMART and HARD criteria will allow your student to have a clear vision (2020 vision, if you will) that both challenges and develops them. The last step is to talk it out. We encourage you to talk with your student about the emotions that they may have entering into this new semester. They may be feeling overly confident or overwhelmed - and that’s okay. We encourage having honest conversations with your student, validating their feelings, and supporting them throughout their journey. This will assist your student in developing a heartfelt connection with their goals, in turn, helping them succeed.
Nine Dimensions of Wellness

Wellness is an active lifestyle that challenges the individual to function at their optimal potential by achieving balance in the following 9 areas:

1. **Cultural**: Requires one to suspend judgment of others and strive to recognize, understand, accept and affirm differences among people.
2. **Emotional**: Includes trust, self-esteem, self-acceptance, self-confidence, self-control and the ability to bounce back from setbacks and failures. A state of emotional and psychological well-being in which one is able to use their cognitive and emotional capabilities, function in society and meet ordinary demands of everyday life.
3. **Environmental**: Includes the ability to promote measures that improve the standard of living and quality of health in our environment.
4. **Financial**: Requires maintaining a balanced budget for expenses, managing money effectively, making wise financial decisions and practicing money saving techniques.
5. **Spiritual**: A set of guiding beliefs, principles or values that give meaning and purpose to your life, especially during difficult times; involves the capacity for love, compassion, forgiveness, altruism and fulfillment.
6. **Intellectual**: Includes the use of and continual striving for information and intellectual growth.
7. **Occupational/Career**: Includes one’s attitude about one’s work and recognizes personal satisfaction and enrichment in one’s life through work.
8. **Physical**: State of well-being dependent on eating well, engaging in physical activity, and avoiding harmful habits.
9. **Social**: Includes learning communication skills, developing the capacity for intimacy, contributing to your community, accepting others different from yourself and cultivating a support network of friends and/or family members.

For more information on Monarch Wellness, visit here.

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Live Well. Learn Well.

How Monarchs Make Fitness Fit

A healthy lifestyle can positively impact all aspects of life. ODU’s Recreation and Wellness takes pride in their focus on student success and well-being. Recreation and Wellness offers programs such as intramural sports, group exercise classes, and outdoor adventure programs. Over 14,000 ODU students participate in intramural sports with flag football, 5v5 basketball, soccer, and volleyball being the most popular. There are several Monarch Experience programs held through Recreation and Wellness. Monarch Experience is a campus-wide initiative for first-year students promoting involvement and relationship building in the ODU community. One example is the Freshman Fit Team which allows first-year students to choose from various wellness activities including custom workouts and nutritional taste testing. Every participant of the Freshman Fit Team receives a FitBit. A FitBit is a wearable activity tracker that measures steps, heart rate, quality of sleep, and more. For students who are interested in fitness but aren’t quite sure where to start, Recreation and Wellness also provides Fitness Orientations. Fitness Orientations allow students to meet with a fitness specialist who will assist your student in their fitness journey. Getting involved in Recreation and Wellness can result in several positive outcomes for students including improved wellness, lasting relationships with other Monarchs, and even employment opportunities and internships. Recreation and Wellness operates two facilities, the Student Recreation Center (SRC) and University Fitness Center, along with an outdoor volleyball court and an artificial turf field for intramural sports. Encourage your student to get involved with Recreation and Wellness by visiting the Student Recreation Center (SRC) or visit here.

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Through Outdoor Adventure Programs (OAP) in Recreation and Wellness, students have the opportunity to participate in affordable outdoor activities such as kayaking, paddle-boarding, and camping.

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Students participating in team-building activities through Recreation and Wellness.
As discussed on page 2, financial wellness is one of the nine dimensions of wellness. Financial literacy is a huge part of money management. Through ODU’s partnership with PNC bank, students have access to MyFinance Academy. We encourage having transparent conversations with your student about their financial goals and strategies to achieve them.

Check out these three steps to help you manage your finances according to PNC bank.

1. **Think** about your priorities and identify goals. Be sure to include fun goals.
2. **Calculate** how much you’ll need to achieve your goals.
3. **Monitor** your progress.

"Think about it: If you don’t have goals or a plan for how you are going to spend your money, you may be more likely to waste it on frivolous things that don’t help you get to the lifestyle you want."

For the full article, click [here](#).
January Upcoming Events and Highlights

Academics
January 1: FAFSA Priority Filing Date.
January 11: Start of Spring 2020 classes.
January 20: Martin Luther King Jr. Day (University closed).
January 21: Drop/Add Deadline. This is the last date that students can add/drop classes for the Spring 2020 semester, if your student wishes to edit their class schedule. If a student drops a class by this date, they will receive a full tuition refund.
January 28: Students can drop classes for 50% tuition reimbursement.

Activities
January 16: Spring 2020 Involvement Fair in Webb Center. The involvement fair is an opportunity for students to explore some of the student organizations that make up the ODU community.
January 20: MLK Day of Service includes free breakfast and transportation to a community service site.
January 30: Co-op and Internship Fair in Webb Center. Students are encouraged to bring their resumes.

Athletics
Monarch Winter/Spring sports are in full swing, from men's and women's basketball, to wrestling, to tennis. For a full schedule of sporting events, visit here. Students receive free entry to all Monarch home games.

Student Resources
We want your student to succeed inside and outside of the classroom. By setting goals, evaluating results and staying resilient, we believe your student will reach their full potential. As you and your student navigate this new year and semester, encourage your student to take advantage of the free resources available to them here at ODU.

The add/drop deadline for Spring 2020 is January 21. Make sure your student is registered for Spring 2020 classes!

odu.edu

Monarch Family Weekend, 2019