

ACHIEVING YOUR NEW YEAR'S GOALS WHILE IN COLLEGE

For college students, keeping new year's resolutions may be challenging while trying to balance classes, exams, and even working. So how do you make them stick? Dr. Mark Winkel, UTRGV psychology graduate department coordinator, said people often make vague resolutions they won't keep. His advice is to have a specific plan: **"A step-by-step plan. What are you going to do? When are you going to do it? How are you going to do it?"**

STRATEGIES FOR IMMEDIATE REWARDS

Winkel believes another obstacle to keeping resolutions is the time it takes to see the results of new healthy habits.

Melissa Duran, the communications supervisor at the UTRGV University Recreation Center in Edinburg, said she has watched people give up, and she has watched people be successful.

"At the beginning, it'll be a chore," she said.
"But as you keep on doing it, it'll be something that you like."

She suggests making a favorite playlist you can listen to while working out, or getting a workout buddy, a strategy Winkel agrees with because a

workout partner could be encouraging and re-enforce goals.

SMALL GOALS ALONG THE WAY

Winkel suggests setting up sub-goals as a way to get more immediate rewards. Events at the UREC, like the Climbing Wall Challenge, could be used as smaller goals for college students. Outdoor adventures and intramural sports also are available through UREC.

And unlike many signing up for new gym memberships, UTRGV students do not face additional costs for using the university recreation centers in Edinburg and Brownsville, since they already pay the membership through tuition.

"It may be a year later before you actually see the benefits of those activities. People tend to sometimes be over-influenced by the more immediate consequences, rather than by the long-term, larger benefits."

- Dr. Mark Winkel
UTRGV Psychology Graduate
Department Coordinator

TIPS FOR SUCCESS



Have a specific plan and implement it.



Keep it simple. Focus on one resolution.



Set up a series of sub-goals to reach your larger goal.



Establish clear rules for when you're keeping your resolution, and when you've broken it.



Write down your plan, and post it somewhere visible as a reminder.

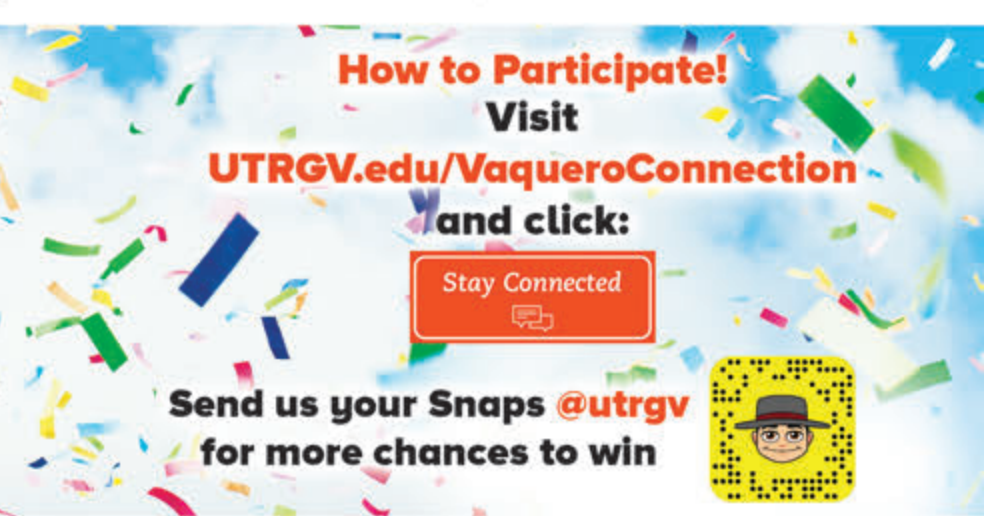


Make a personal or public commitment to follow the plan.



To learn more about UTRGV UREC events and activities, visit www.UTRGV.edu/urec or like their Facebook page.

THINGS TO DO AT UTRGV



Do you have questions? Contact us!

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