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# JANUARY

Welcome back!

We hope everyone had a wonderful winter break!

Wishing everyone Good Luck for the semester.



## HOW TO MAKE THE MOST WHILE BEING A STUDENT EMPLOYEE?

### Prioritize:

If you are a working student, there's one thing we need to get straight right away: school comes first. This means that you need to start your time management strategy by dealing with the school schedule. Look at your calendar and make sure to mark deadlines for projects or exam dates. Never feel like you have to compromise your studies at any cost because that is primarily why you are here.



### Sacrifice:

You may feel overworked and may need a break after working hard all day. You may feel justified in watching four hours of television or going out for dinner with friends instead of starting that research paper. Learning to say "NO" to yourself and others is important. A short refresher may help you refocus and large time consuming plans may take away from your goals.



### Negotiate:

You need to establish healthy relationships with your employer and colleagues to have them on board when you need a day off to study for a major exam or to change shifts so as to attend a school event. You can achieve this by applying negotiation skills & communicating at the workplace. Remember that this is a two way street. Be available to jump in for your colleagues when they need it too.



### De-stress:

Find positive ways to alleviate stress when you start feeling overwhelmed. Take a bubble bath, exercise or meditate instead of having a drink at the end of a long day. Regular exercise promotes the circulation of endorphins in the bloodstream, which can cut stress, improve your mood and even enhance your body's metabolism, giving you more energy and keeping you from burning out.



### Optimize:

Procrastination often occurs when the problem seems too big to tackle, people end up simply doing nothing. To alleviate the guilt about putting it off, we often do household tasks, for a sense of accomplishment. Rather than becoming overwhelmed by what seems like an insurmountable project, break it up into smaller, achievable parts. These are easier to accomplish and you will feel more motivated to continue.



### Schedule:

Creating order is the first step in successfully managing your time, and making a schedule helps create order. Write out your day in 30-minute chunks and start by filling in all the set events that are not flexible, like class times and work. This will help give you a clearer picture of what you have to work with in terms of setting up times to study and tend to the other responsibilities in your life.



### Quote of the month:



Your talent determines what you can do. Your motivation determines how much you're willing to do. Your attitude determines how well you do it.

Lou Holtz

### Upcoming Events:

- Jan. 31, Monday - Peer Tutoring begins
- Feb. 8, Tuesday - SI Group Training
- Feb. 17, Thursday- PSG Event
- Feb. 22, Tuesday - Student Leader Application Deadline
- Feb. 21, Monday - NYIT Closed (Presidents Day) - No Tutoring