

"I am in control." Taking ownership and responsibility of your education and well-being.

co-presented by:

Historical Roots

National observance after assassination attempt made on President Ronald Reagan on March 30, 1981

Encourage individuals to take control of their lives

- 111





Learn the origins of this national day

‡Find out what areas of our life we do have control over

‡Explore how exactly to take control of these areas



What do we have ownership of ?

Agenda

Organization Skills

Responsibilities

Information

Technology

Chr8a81nology

Education



Owning Your Agenda

Using a Daily/Weekly Planner to stay organized and motivated



Owning Your Organizational Skills

Create to -do lists Use color - coding

Establish daily routines even schedulin g time to study and daily meals

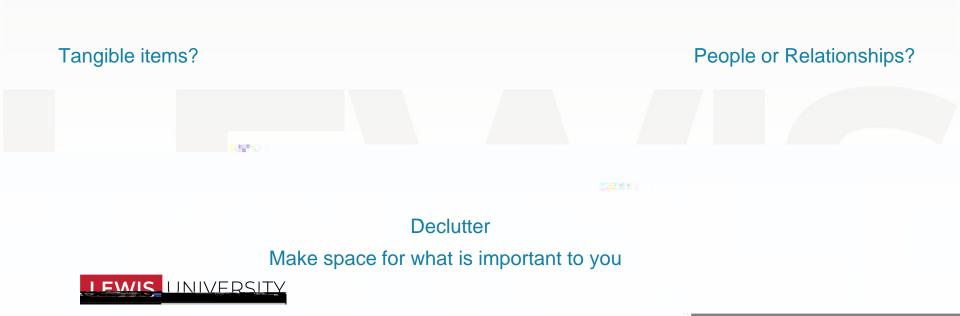
Set up an organized work space

311



Owning the Important Things

Explore your definition of important



Owning Your Education

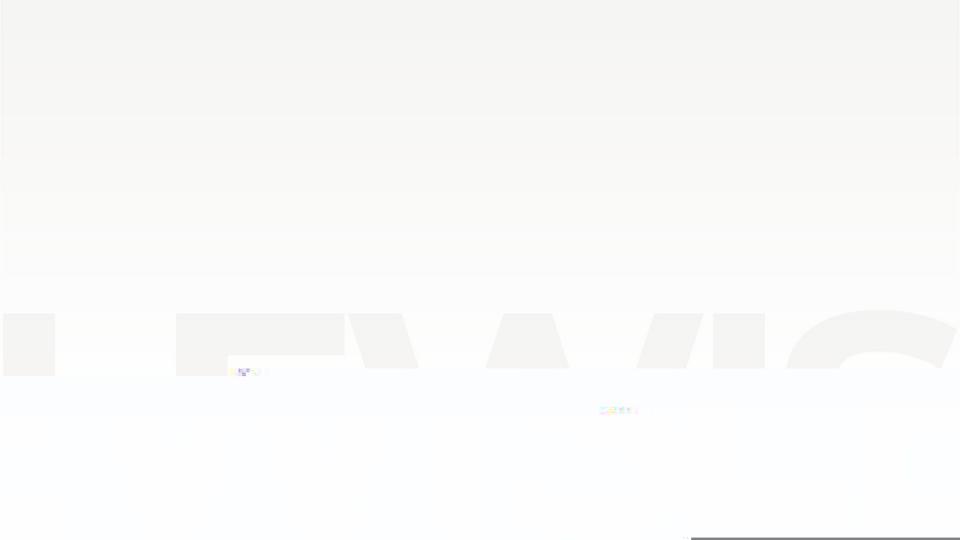




Owning the Information







Owning Your Spirituality



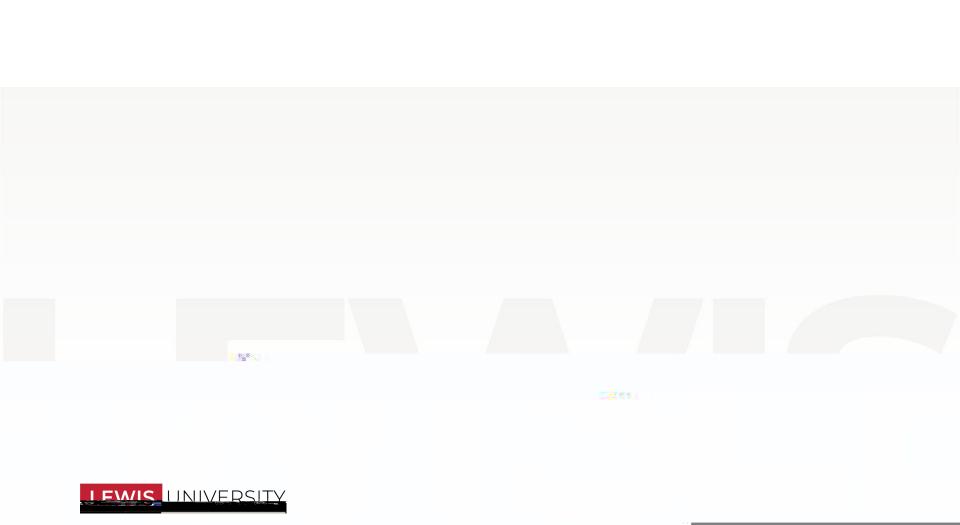


Owning Your Identity & Character









Owning Your Relationships



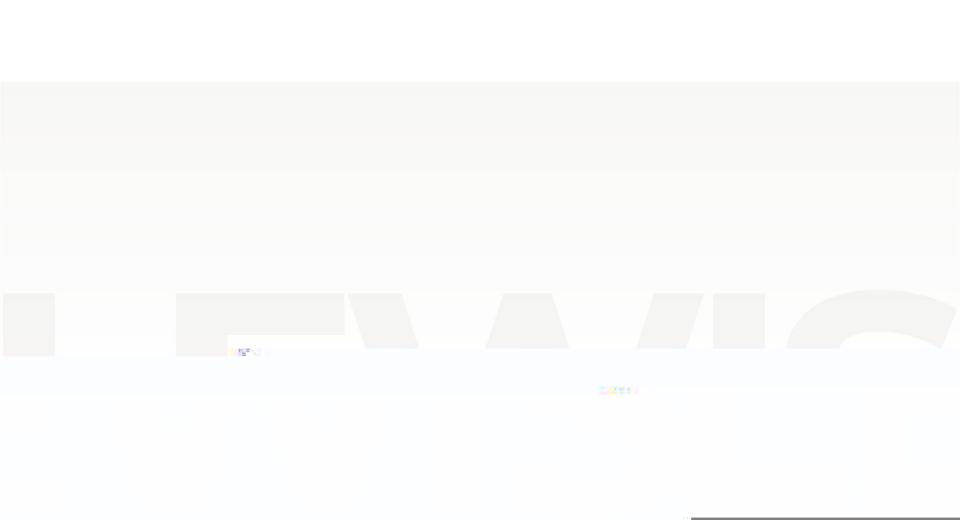


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Group Discussion

Using the Post -It Notes:

‡Jot down five areas in which you can make immediate changes to take control of your education and well-being

#Write one area per post -

1. No. 1



On-Campus Resources

- **‡**Check out Academic Support Resources <u>here</u>.
- **‡**Schedule an appointment with the <u>Writing Center</u> or a tutor <u>here</u>.
- ‡Check out The Well and these mental health resources.
- **‡**Students can learn about Health & Counseling and request an appointment <u>here.</u>
- ‡Rec & Fitness has many activities related to more <u>here</u> and follow them on Instagram!
- wellness, learn

Services

‡Explore campus activities and opportunities for community and connection through the <u>Office</u> of Student Activities and <u>University Ministry</u>.



"Life is what you make of it."

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Best wishes takeaways & feedback



