



co-presented by:



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

Encourage
individuals to take
control of their
lives

Objectives

- ‡ 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

Agenda

Organization Skills

Responsibilities

Information

Technology

Important Things

Technology

Education

Using a
Daily/Weekly
Planner to stay
organized and
motivated

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

Explore your definition of important

Tangible items?

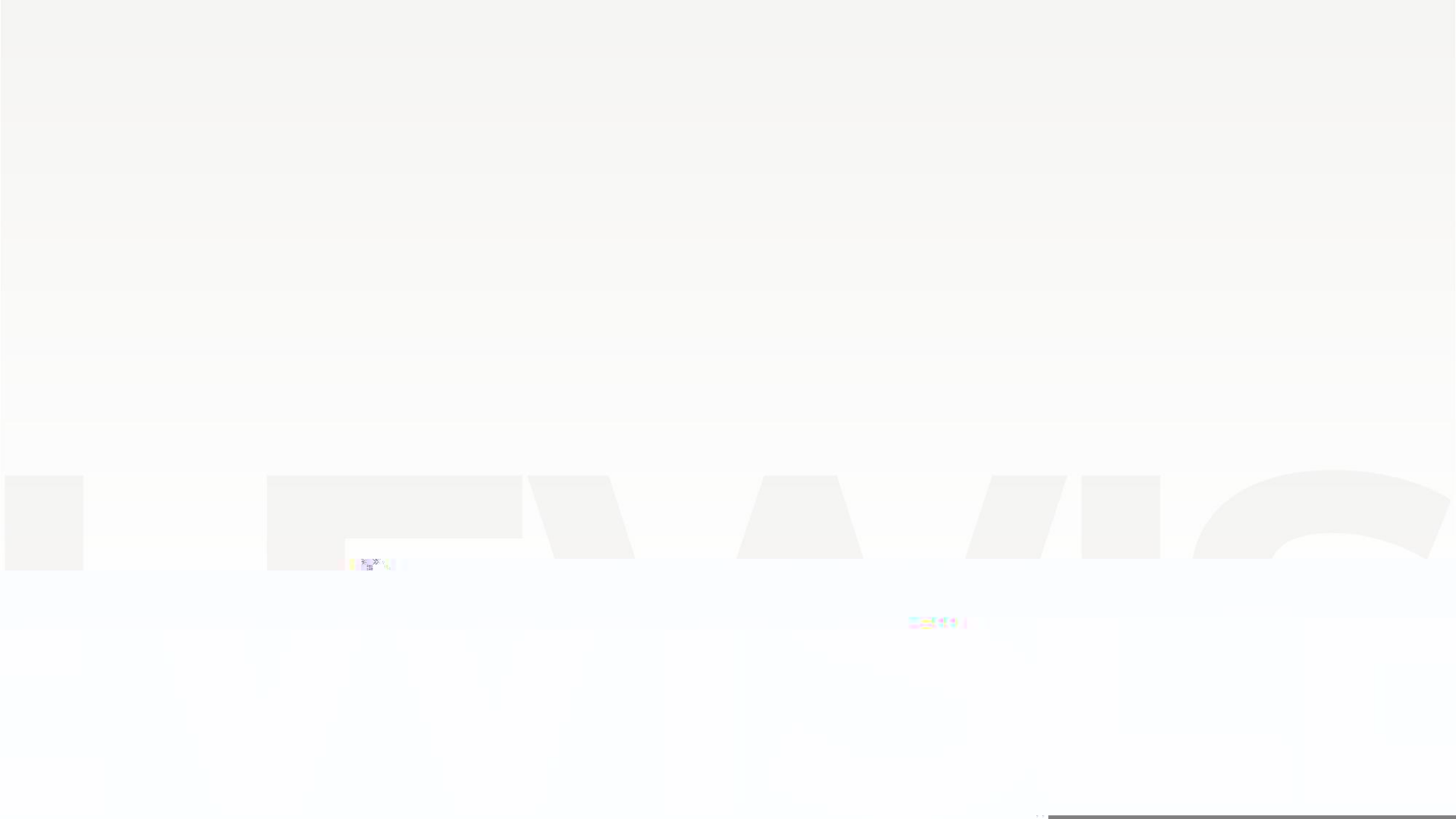
People or Relationships?

Declutter

Make space for what is important to you

Owning Your Education







Create Your Own Identity





Owning Y19 q 0 0cour Physicaalth



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‡ Using the Post -It Notes:

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‡ Write one area per post -

- ‡ Check out Academic Support Resources _____
- ‡ Schedule an appointment with the _____ or a tutor _____
- ‡ Check out _____ and these _____
- ‡ Students can learn about Health & Counseling _____ Services and request an appointment _____.
- ‡ Rec & Fitness has many activities related to _____ wellness, learn more _____ and follow them on Instagram!
- ‡ Explore campus activities and opportunities for community and connection through the _____ and _____

"Life is what you make of it."

ALL THE ABOVE THINGS COMING:

Best wishes takeaways & feedback