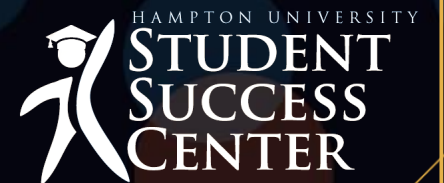


NEW SEMESTER, NEW YOU!

IF YOU CAN ENVISION IT THEN YOU CAN DO IT



New Semester, New You!

With a new semester comes new goals and challenges, and we're here to help! Establishing goals and aspirations can be beneficial and rewarding for yourself and your future. By discussing and visualizing goals, an individual will feel more connected and motivated to achieve them.

There is no time like the present to evaluate what you want and how to achieve it. By taking the time to critically think about where you want to be in the future, the steps to get there become more distinguishable.

Establishing Goals

Goals:

What you aim for and wish to achieve

Ask yourself...

- What do I want to achieve?
- Why do I want to achieve it?
- When do I want to achieve it?
- How do I want to achieve it?

Tell yourself...

- I need to do this every day:
- When I want to give up, I do this:



Steps in the Goal-Setting Process

1. Awareness of yourself. Your personal interests, abilities, talents, and values.

2. Awareness of your options. The choices available to you.

3. Awareness of the options that best fit you. The goals most compatible with your personal abilities, interests, values, and needs.

4. Awareness of the process. The specific steps that you need to take to reach your chosen goal.

Vision Boards

What are they?

Vision, or dream, boards are used to visually represent one's goals, aspirations, and wants. The process of thinking and creating visual representations of your goals can help make them more attainable. Further, putting your vision board on display can be a daily reminder of what you are working toward and motivate you to achieve it.

Vision boards are collages created from images and quotes from various mediums. The collage and goals are meant to represent and reflect the person, so creativity and artistic skills are not required! Your vision board should be visually pleasing to you and reflect the goals you set out.

Materials

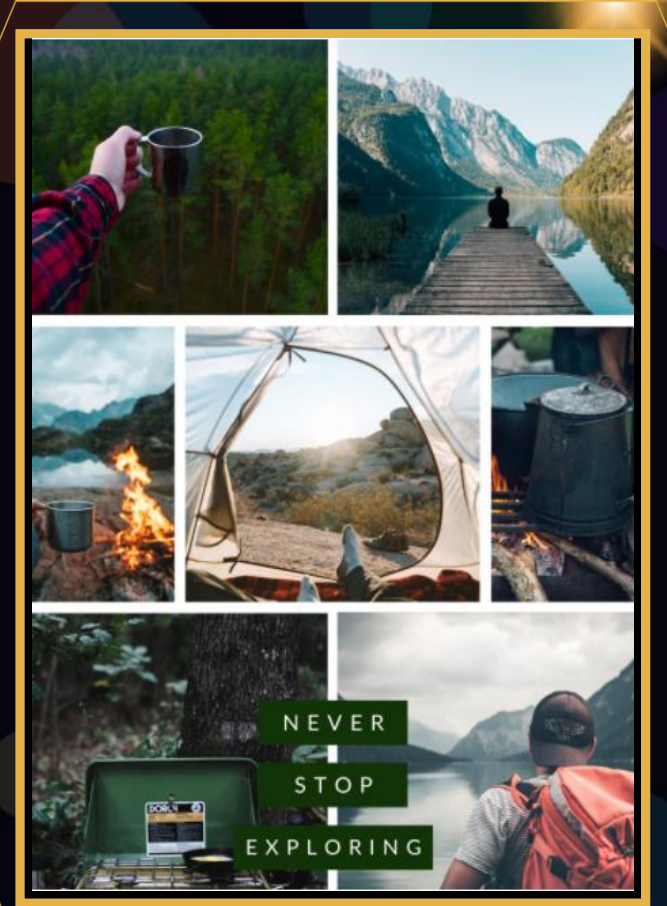
Vision boards can be adapted to fit what you have. Some basic materials include:

- Board(s) including but not limited to cardboard, foam, paper, poster board, etc. (at least 8.5x11")
 - Images (photos, magazine/newspaper clippings, found objects)
 - Scissors
 - Tape or glue
 - Writing utensils

Vision Board Steps

1. List of specific goals (3-5): Prepare your goals prior to starting your vision board.
2. Collect materials: Select images and/or quotes you enjoy or that inspire you.
3. Make your collage: Arrange your materials in a way that is pleasing to you!
4. Incorporate your inspiration: Be sure to make it clear what it is your vision board is representing.
5. Reflect on your vision board (often): Take time to look at your vision board to remember and reflect on your aspirations.

Vision Board Examples



Tips:

- Make multiple types of boards! Professional, personal, academic, etc.
- Track progress over time and update accordingly
- Use images, quotes, and materials that you connect with

Achieving Goals

It takes more than a vision board to achieve your goals. Here are a few other practices & techniques that can be helpful! All of the below can help promote positivity and optimism which are necessary when working toward a goal.

Practicing mindfulness can be helpful with:

- Reminding yourself of your goals/motivation
- Not being overwhelmed by the future
- Appreciating the journey toward achieving goals

Mindfulness

Writing down your experiences, thoughts, and feelings can help you to...

- Better understand and learn from them
 - Track goals and progress
 - Relieve stress

Journaling

Meditation can be used for:

- Relaxation
- Personal exploration (self awareness)
- Emotional/mental health.
- Promoting focus and thinking about things deeply.

Meditation



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