

"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

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



What do we have ownership of?

Agenda

Organization Skills

Responsibilities

Information

Technology

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Chr8a81nology Properties Things

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

routines even schedulin
g time to study
and daily meals

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Set up an organized work space

Owning the Important Things

Explore your definition of important

Tangible items?

People or Relationships?

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Declutter

Make space for what is important to you



Owning Your Education

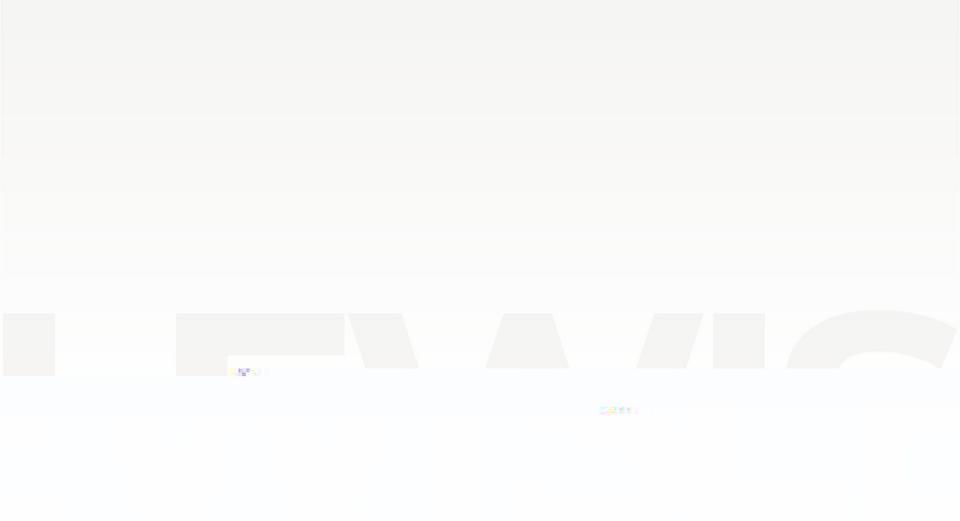




Owning the Information







Owning Your Spirituality



Owning Your Identity & Character

Create Your Own Identity





Owning Your Relationships

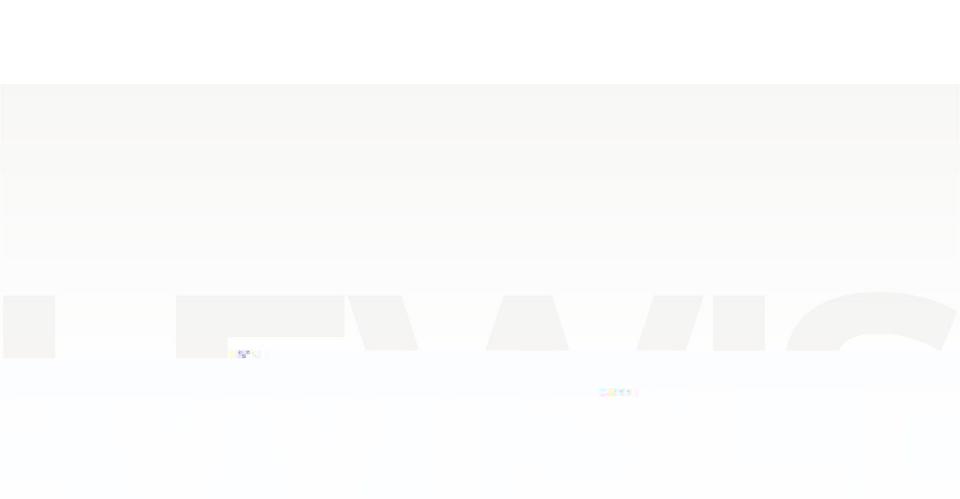




Owning Y19 q 0 0cour Physicaalth







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 -



On-Campus Resources

- ‡Check out Academic Support Resources <u>here</u>.
- **‡**Schedule an appointment with the tutor here. Writing Center or a
- **†**Check out <u>The Well</u> and these <u>mental health resources</u>.
- ‡Students can learn about Health & Counseling Services and request an appointment here.
- ‡Rec & Fitness has many activities related to wellness, learn more here and follow them on Instagram!
- ‡Explore campus activities and opportunities for community and connection through the <u>Office of Student Activities</u> and <u>University Ministry</u>.



"Life is what you make of it."

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Best wishes takeaways & feedback



