Welcome Back!

I hope everyone had a great Christmas Break! Can you believe you are about to start the second semester of your freshmen year? Time tends to fly in college! With a new semester comes new classes, new friends, and new opportunities. I hope you all take the opportunity this semester to branch out, meet new people, and get involved on campus.

Whether you check out a Student Government Meeting or decided to try out for a club sport, there are many extracurricular activities to try on campus! Many of you might be thinking about living for next year. There are some great opportunities this month to learn about all the different types of off-campus housing offered around town. January is home to the annual Off-Campus Housing Fair. With local landlords and tons of information, the fair is a great way to see all the various options for off-campus housing! Take advantage of this great opportunity and all the others that West Virginia University has to offer!

Good luck this semester!

Off-Campus Housing Fair

On Wednesday, January 23, 2013, you will have the opportunity to talk to local landlords and see what off-campus housing is available at West Virginia University.

The Fair will be located in the Ballrooms of the Mountainlair from 10:00 a.m.–4:00 p.m. There will be food and giveaways as well! So stop by the Ballrooms to get some popcorn, free shirts, and valuable information regarding off campus housing! Come with questions, interest, and ideas about where you would like to live next year!
Important Dates-Spring 2013

- **Friday, January 18, 2013**– Last Day to Register, Add New Courses, Make Section Changes, Change Pass/Fail and Audit
- **Friday, January 18, 2013**– Welcome Back Pizza Party
- **Monday, January 21, 2013**– Martin Luther King Jr. Day– No Classes
- **March 1, 2013**– MID-SEMESTER
- **March 4, 2013**– Commuter Blood Drive
- **March 22, 2013**– Last Day to Drop a Class
- **March 23– March 31, 2013**– Spring Break
- **May 2, 2013**– Last Day to Withdraw from University
- **May 6-11, 2013**– Final Examination Week

Welcome Back Pizza Party

What better way to start your Spring Semester than with a Pizza Party?? On Friday, January 18, 2013, there will be a pizza party in the Commuter Lounge on the Downtown Campus. Come hang out, eat pizza and other snacks, and chat with some of your fellow commuters. It is also a great chance to talk about what events commuters would like to do this semester! The party starts at 12:00 and will last until the conversation stops (or the pizza is gone!). Hope to see you all there!

Getting Back on Track

After four weeks of no studying, no note taking, and no class, it is extremely difficult getting back into such a routine! It will be difficult at first, but with time it will be like you never left! Getting on a sleep schedule that works for your class and activity schedule will be the most important step of getting back on track.

**Tips:**

- Make a schedule of your classes and activities
- Get back to your normal sleeping patterns (that means no more sleeping in until 12:00 p.m.!!)
- Make a to-do list to keep you on track
New Year, New Resolutions, New You

What is YOUR New Year’s Resolution?!

Around 40-45% of Americans make New Year’s Resolutions each year. Only around 8% of those who make resolutions actually find success by the next year. However, research has found that people who explicitly make resolutions are 10 times more likely to attain their goals than people who don’t explicitly make resolutions. Even if you have already made New Year’s Resolutions, make another list for school-related resolutions. Put it on your fridge, your wall, or your door when you leave to remind you of the goals you have set!

Top Ten New Year’s Resolutions

1. Spend more time with family and friends
2. Exercise more
3. Lose weight
4. Quit smoking
5. Enjoy life more
6. Quit drinking
7. Get out of debt
8. Learn something new
9. Help others and volunteer
10. Get organized

Resolution-Help Others

If one of your New Year’s Resolutions this year was to do more community service or help others, there are some upcoming events that will allow you to do so. On Thursday, January 17, 2013, the Student Government Association and the Maniacs will be hosting a Blood Drive in the Mountainlair Ballrooms from 10:00 a.m.-4:00 p.m. You can call 1-800-RedCross to sign up for a time to donate OR you can show up the day of the blood drive and find a time that works for your schedule. You will have another opportunity to give blood in March. On March 4, 2013, the Commuters will be hosting a Blood Drive at Mountaineer Station. More details to come soon.

“Go confidently in the direction of your dreams. Live the life you have imagined.”
Henry David Thoreau

**Giving Blood**

Donating blood one time can save up to as many as THREE lives

Whatever your New Year’s Resolution is, good luck achieving your goals!