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. Take advantage of this great opportunity and all the others that West Virginia University has to offer!

Good luck this semester!
“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.”
-Martin Luther King Jr.

Important Dates-Spring 2013

- **Wednesday, January 8, 2014**– First Day of Classes
- **Wednesday, January 8, 2014**– Welcome Back Pizza Party
- **Friday, January 14, 2014**– Last Day to Register, Add New Courses, Make Section Changes, Change Pass/Fail and Audit
- **Monday, January 20, 2014**– Martin Luther King Jr. Day– No Classes
- **Friday, February 28, 2014**– MID-SEMESTER
- **Friday, March 7, 2014**– Last Day to Drop a Class
- **March 10– March 14, 2014**– Spring Break
- **Thursday, April 24, 2014**– Last Day to Withdraw from University
- **April 28, 2014– May 3, 2014**– Final Examination Week

Welcome Back Pizza Party

What better way to start your Sprig Semester than with a Pizza Party?? On Wednesday, January 8, 2014, 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 12:30 and will last until the conversation stops (or the pizza is gone!). Hope to see you all there!

Getting Back on Track

After three 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

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!

What is YOUR New Year’s Resolution?!

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/volunteer
10. Get organized

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