Create Positive Relationships

With the Spring semester quickly approaching, remember that finding support is an extremely important aspect in being successful.

Before you go back to school, create a plan for balancing classes, social activities, and work. Think about your priorities and write down specific goals for the semester. Having this to refer back to will help you focus on your main responsibilities. It is also extremely important to communicate with those around you about your priorities. Keeping in touch with family, friends, employers, and professors about how you feel can help them understand you better and provide support if necessary.

When you start your new classes this semester, connect with your classmates. They might be going through similar situations and be able to provide an empathetic point of view. At the beginning of the semester, contact your professor to see if there are any study groups available for the class. Study groups are a fantastic way to share questions and solutions. If there isn’t a study group, ask your professor if you can create one by addressing the class at the beginning or end of the lecture.

If you are open and honest with those around you, you’ll be more likely to have a productive and rewarding semester. Find those who will support you and be active in maintaining great relationships with them. Have an amazing semester!

“THE NEW YEAR STANDS BEFORE US, LIKE A CHAPTER IN A BOOK, WAITING TO BE WRITTEN. WE CAN HELP WRITE THAT STORY BY SETTING GOALS.”

Melody Beattie

Healthy GPA, Healthy Body

Are you ready to accomplish TWO New Year’s Resolutions within ONE challenge?

This Spring semester, visit the University Tutoring Center and the Campus Rec at least 15 times each to receive an awesome swag bag. You will also be entered in a drawing to win an UMSL Gear Gift Basket. This event lasts the entire semester.

Make sure you sign-in correctly at both locations to be entered into the challenge!

Meet the Staff

Melony Crayton
Graduate Assistant

Melony earned a Bachelor of Arts in Communications in 2016 from the University of Missouri - Saint Louis. She decided to continue her education at UMSL and is currently on her way to receiving her masters in Clinical Mental Health Counseling. Melony’s passion for counseling comes from the disparity of counselors of color, her love for self-improvement, and holistic self-care. Currently, Melony aids in the Paired-Peer and Alumni tutoring components of the University Tutoring Center.

Source: https://www.extension.harvard.edu/inside-extension/7-tips-start-your-extension-semester-right