



Happy students. Healthy living.

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How to set rewarding academic goals

The start of a new year and the beginning of another semester or quarter is the perfect time to determine the goals you want to achieve in the coming months.

Start with a calendar

Looking at a calendar of open days that stretch across the academic year can feel overwhelming. However, seeing how much time you have available will help you plot out the weeks to come.

Choose your own adventure

When you're setting goals, you want to make sure that you're not just looking at the goal itself, but also including any aspects of reaching the goal that will help you grow and develop as both a student and an individual.

Short-term goals can lead you to big rewards

Short-term goals are generally the tasks that you complete and the achievements that you collect along the way as you work toward completing a long-term goal. Short-term goals can help you to stay focused, keep you motivated, and provide a boost to your academic momentum that may challenge you to look for bigger and bolder goals to pursue.

Stacking rewards on top of rewards

When you're thinking about the goals that will return the most reward for the effort you're going to put into them, think about these three important questions:

1. Is focusing on this goal going to reward you right now or later on?
2. Will this goal help you prepare to achieve another goal in the near future?
3. Will focusing on this goal help you to achieve one or more other goals at the same time?

Working through your goals should lead you from one success to next or potentially several successes all at once. How you plan and prepare to meet your goals will help determine how often and how many goals you're able to achieve, which maximizes the overall number of rewards you'll find at the end of each stage of your academic journey.

WellConnect provides confidential consultations with a licensed professional for faculty and staff regarding student problems or concerns. In addition, our team is available to discuss behavioral and classroom management issues. If a student comes to you with a situation and you're not sure what to say, please call our 24/7 FAST-Line at 844-208-7070. The FAST (Faculty Administrator Support Team) Line can be a valuable resource for navigating complex, sensitive or high-risk student situations. Our counselors will consult with you on the situation and help you develop a plan to assist the student. Of course, you can give the student the WellConnect student number, 866-640-4777, and encourage them to call, or even dial the number and hand the student the phone in a location where they will have privacy while talking to a WellConnect counselor. Working collaboratively, we can help students achieve their personal, educational and career goals.

WellConnect is here for you and your students.

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