

Mission Possible: Ball State's Student Veteran Newsletter

Upcoming Events

January 11—End of course add/drop period

January 21—Martin Luther King Jr Day—No classes

April 13—Walking Wounded Event (more info to come later)

May 11 State SVO Conference held at Ball State

Ball State University

New Year—New Attitude

By: Emilee Wolfley

Making new year's resolutions is a popular trend in today's culture and you've probably done it at least once in your lifetime.

Popular resolutions include losing weight, eating healthier, and flossing daily. Why not make a new year's resolution for your spring semester here at Ball State? Try something like "I'm going to utilize the learning center more this semester," "I'm

going to spend more time studying," or "I'm going to join a new club." Setting goals and sticking to them is one of the most important things you can do to keep yourself on track.

What I like to do is write down my goal on a note card and stick it to a wall or a mirror that I'll see every day. That way, you're reminded every day to keep working towards your goal. Another tip is to tell someone your goal and have them help you stay

accountable. So don't be those people who start working out at the gym the first week back to school and then stop showing up. Be the change you wish to see this semester, and stick to your new year's resolutions. With a little direction, you can do great things this semester! Good luck to everyone this spring, and don't forget the Veterans Affairs office is always here to help if you need it!

Don't let this be you!
Unless you're a cat!!!
Haha!!

