

# JANUARY NEWSLETTER

## 2025

EOC  
JAN 2025

### WHAT'S NEW THIS MONTH

#### W.O.W WORKSHOP

Join us for the first workshop of the New Year! January 22, 2025!  
Welcome back!

#### NEW YEAR, NEW YOU!

With the new year comes new goals! How can you set new, achievable goals in 2025? Read more on page 3!

#### SPRING SEMESTER BEGINS

After a well-deserved winter break, classes will be starting again at CPCC on January 13!

#### CONNECT WITH EOC

Still struggling to meet your goals? Remember that your EOC counselors are here to help you get on track and stay on track! Connect with us--- we are here to help!

### MESSAGE FROM EOC

#### WELCOME BACK

As a new semester begins, you are one step closer to moving on to that next level! Whether you're ready to apply to college, or still need to make the grade in secondary education, you're well on your way. The new year is a great time to set goals!

### IN THIS ISSUE

#### NEW YEAR TRADITIONS

The New Year isn't just a point on a calendar. People around the world mark the time as the closing of one chapter and the opening of another. How do you celebrate? Read about New Year traditions, and learn about setting goals!

### Contact Us!

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# *New Year* **NEW YOU!**

## **Resolutions**

Resolutions are big goals that people set for the new year. Sometimes, those goals can feel daunting, which is what causes people to give up on them. However, resolutions are a great way to begin taking steps to improving yourself mind, body, and spirit! Try not to put too much pressure on yourself to keep a resolution! You can turn it into actionable steps that will help you achieve your goals! Read on for some helpful tips!

## **Setting Goals**

Take some time to set goals in the new year.

1. Identify your goal. What do you want to achieve?
2. Identify actionable steps you can take. Things like “read one chapter each night” or “study math notes” are smaller steps that can help lead to overall success.
3. Reward yourself for your wins! Even the small ones. If you go a full week reading one chapter per night, for instance, you might reward yourself with a movie or your favorite treat!

## **Schedule Your Time**

Procrastination, or putting off things you need to do until the last minute, is a very common problem that students face. Anxiety can make you want to avoid tasks that seem important. Keeping an agenda can help you make better use of your time. Write down all of the things you need to do, and when they need to be completed by. Then, set aside specific times to complete these tasks. That way, even a lot of work feels less intimidating. Checking off things as you go will also give you a sense of accomplishment!

# January

## A New Year, a New Semester

Starting a new semester is a great opportunity to set goals and plan for success! Begin by identifying what you want to achieve, whether it's earning a specific grade, improving a skill, or balancing school with work and family. Break your goals into smaller, manageable steps, like scheduling study time or completing assignments early. Write them down to keep yourself focused and motivated. Remember, progress takes time, so celebrate your wins along the way and don't be afraid to adjust your plans as needed. You've got what it takes to make this semester a success!

## QUOTE OF THE MONTH

***"TAKE THE FIRST STEP IN FAITH. YOU DON'T HAVE TO SEE THE WHOLE STAIRCASE, JUST TAKE THE FIRST STEP"***

***—DR. MARTIN LUTHER KING JR.***

## AULD LANG SYNE



NEW YEAR'S DAY is January 1st on the Gregorian calendar, which is the standard calendar used in most of the world. Whether you watched the ball drop, celebrated at a party, or just spent a cozy night at home, you joined billions of people ringing in the new year with celebrations!

LUNAR NEW YEAR will be celebrated on January 29 this year, marking the beginning of the Year of the Snake! Lunar New Year is based on the beginning of the new year on lunar and lunisolar calendars and is commonly celebrated in many East Asian communities.

AULD LAND SYNE is a Scottish song that is played or sung at midnight in much of the English speaking world. Did you know that it is about remembering old friends and past days fondly?

