The well-being of the students, staff, and faculty at UW-L is paramount. Improving state of mind, health, and safety takes commitment, but doesn’t have to be time consuming. Take 5 minutes for your health.

#UWL Take a Break

Goal setting gives us a vision of the future and a positive focus that helps us make better decisions. It gives us a sense of purpose and motivation. Although we can’t control all of the aspects of our careers, setting long- and short-term goals improves self-efficacy because with each achievement, we learn about ourselves and the boundaries of our abilities.

Take a break and set a goal: Career wellness.

• You have a thousand emails, literally. A big project is due on Friday, and you have to return 4 phone calls all in the remaining short hours of your day. Refocus. Set one goal that you will achieve by the end of today (this might take some prioritization).

• Things are really piling up, but you know a few tasks are more time-sensitive then others. Identify them. Set one goal that you will achieve by the end of the week.

• Set another goal that you will achieve by the end of the month, with regards to your career.

• Set a final career goal that you will achieve by the end of the year. Keep in mind the SMART goal setting guidelines.

Brought to you by the Division of Student Affairs, Student Life Wellness Resource Center