

NEW BEGINNINGS

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As this semester draws to a close, take time to reflect on how you've grown and be proud of yourself for all that you've accomplished. Finish the school year strong!

Looking ahead, think about what opportunities this summer might hold. Get the most out of this time by setting goals related to your health and wellbeing, relationships, professional pursuits and other important areas of your life.

SILVER LININGS

Optimism is powerful. Having perspective and choosing to have a positive mindset can help you thrive through tough times and feel healthier and happier. Despite challenges over this past year, hopefully you can see some silver linings.

"I have a greater appreciation for the little things like dinner with my roommates and daily walks." -CK

"My schedule's more flexible with online classes and I've taken advantage by doing classes in different places like the Rotunda Dome Room and the tents around Grounds." -LM

"Even though I'm stressed about exams, at the end of the day, I'm lucky to be a UVA student and have this opportunity to learn and grow." -JC

CHOOSE YOUR ADVENTURE

However you choose to spend the summer, make it meaningful! Even if the future seems uncertain, try to appreciate the present.

Rest, Relax and Recharge:

Take time off for yourself and spend time doing restorative activities like reading for pleasure, spending time outdoors, doing an art project, or writing for fun.

Explore New Interests:

You don't need an internship to learn new skills! Consider volunteering – it is a great way to give back to your community and try something new.

Make a Summer Bucket List:

Whether it's going to the zoo, running a 5K or picking up an old hobby that you enjoyed in high school, writing down some goals can help you follow through.

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If you're already fielding stressful questions about what you're doing with your life, think about a good go-to answer to help these conversations go easier.

How have you dealt with challenges of learning in a virtual classroom? You've come so far, so reflect on all the skills you've built and keep doing what works for you!

TIME MANAGEMENT



Sometimes it can feel like the days are all blending together. Proactively managing time can help you balance work with other interests like relaxing, socializing, and exercising. Make sure to set aside time in your schedule for yourself!



STRESS MANAGEMENT

Feeling overwhelmed? Instead of focusing on a crazy schedule ahead, prioritize and tackle one thing at a time.

STAYING CONNECTED

It can be easy to feel isolated with online school, but you're not on your own! Connect by reaching out to professors, TAs and study groups.



HOO?
KNEW!

93% of UVA undergraduates are optimistic about their future.*

8 out of 10 UVA undergraduates are often or always able to adapt when changes occur.*

HOO?
KNEW!

*From the February 2020 NCHA with responses from 904 UVA undergraduates.

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REFLECT & CONNECT

Summer is a good time to reflect on accomplishments, challenges and to make plans for next year. Going home or somewhere else for the summer can bring a significant change in routine, and that can take some adjustment. Consider ways to make the most of these transitions by asking:

- How am I taking care of myself physically and mentally?
- Which habits and routines worked well for me this year?
- What is something I want to do differently?
- How will I strengthen my relationships this summer?