



# Nerdy Talk



## S.M.A.R.T. Goals

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It will be obvious to many of you by now that university can at times be quite different from high school. Now that you have your first term of university under your belt, second semester is a chance for you to reflect back on what you now know about university and how you deal with its different challenges. Looking back, it may be easier for you to see which studying, planning and life balancing techniques worked and which ones didn't. Since 2014 is a new year and a fresh start, it is an excellent

time to make new goals for the second half of your first year at Brock; and they don't all have to be about school either!

Specialists say that the most effective way to make a goal is by making it 'specific, measurable, attainable, results-focused and time bound' or 'S.M.A.R.T. goals'. In other words, be clear about what it is you want to achieve and set benchmarks for yourself so that you will know if you are accomplishing your goal or not. Furthermore, you should ensure that the goal you are setting is actually attainable. Perhaps aiming for a 90% in a subject you know you aren't very good at is a bit unreasonable; and you might be

setting yourself up for frustrations and disappointments. However, a 75% might be much more within your reach and will motivate you without making you want to pull your hair out. Finally, it is useful to set a due-date for your goals. In the case of school, D-Day is kind of set in stone for all of us (a.k.a EXAMS!) however if for instance you wanted to improve on your long distance running, you may be more successful if you promise yourself that by June 30<sup>th</sup>, you will be able to run 15km.

Regardless of what your goals are, your Dons of Academics wish you the best of luck and remember; we are here to help!



### TOP 10... Academic YouTube Channels

- AsapSCIENCE.
- VICE
- CGP Grey
- ACDCLeadership
- Khan Academy
- MinutePhysics
- TED
- Veritasium
- CrashCourse
- CollegeBinary



## Myth-buster...University Edition

### You need to find a house for next year ASAP

Despite what prospective landlords may tell you, there is no rush to find a room for next year. A lease is a contract that binds you to a fairly hefty cost. There is no need to jump in to this commitment. St. Catharines has many more rooms than there are students to fill them.

I know it is exciting to move into a house, but don't let your excitement blind you. Visit at least three houses before deciding.

Make sure you will be able to live with your future roommates. Do you have similar cleanliness standards? Do you share a similar commitment to school work?

Finally, if you have the stomach to wait long enough you can avoid paying rent during the summer months!





# Getting back to the grindstone

The dreaded first month of winter term is coming to an end. It can be difficult to break out of the vacation mindset, however now is the time to set the pace. Here are a few things that can help break your funk. First, wake up at a decent time. On your days off and even on days with afternoon classes it is easy to lay in bed. Sleep is very vital, but there is no need to sleep for longer than eight hours. Use your time off wisely. This brings us to the second tip, get a head start. There is still time before the pressures of midterms and term assignments, so take advantage of any free time you have. The third and last tip to get back to the grindstone is to make a routine. Although you may have spare time now, you should have realized from last semester that this will soon change. If you set up a weekly schedule now, you will be less overwhelmed later on. Good luck!

## Upcoming AD Events!

Jan. 30th: Doc Night—L134 @ 10pm

Feb. 8th: Café Crawl @ 6pm

Nerdy Talk Tumblr:

<http://brockadteam.tumblr.com/>



- Megan:** Tues 5-6 Decew Caf  
Thurs 5-6 Merritt
- Steve:** Mon 7-8 3rd floor study room  
Fri 7-8
- Simrat:** Wed 6-8 Berg Caf
- Kailey:** Tues 8-9:30  
Thurs 12:30
- James:** Tues 6-8
- Nick:** Wed 9-11
- Katherine:** Fri 1-3

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