



Middlebury

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There is no singular college experience. While some things such as taking classes are a given, the rest of college is by and large what you make of it. In this weekly newsletter, I will share ways to hone your strengths and take advantage of some of the things Middlebury offers that are designed to help you succeed, grow and realize your goals. Read on to see this week's tip for thriving at

Middlebury!



Jennifer Guinn Sellers, Ph.D.
Dean of the First Year Experience

Time Management

Being a student at Middlebury means having access to endless opportunities. Classes are interesting and engaging, the recent Student Activities Fair highlighted many of the ways to get involved, there are lots of entry points for exploring the outdoors and town of Middlebury, not to mention all the new people that you are still meeting every day that you want to get to know better. At some point though, usually around the 3rd week of classes, students start to wonder how they are going to be able to do everything they want (and need) to do given all of the many tantalizing prospects. If you are starting to think you might need some help with time management, you are definitely not alone!

The skill of managing our time well is a form of self-regulation,

which is the ability to make choices in the here and now that set us up for success with our longer-term goals. It is also a facet of the virtue of temperance – the collection of strengths that protect us against excess. If we circle back to how this informs our ability to manage our time well, it means we are going to have to think about our goals and we're going to have to make some choices. One way to do this is to think about what the end of a successful first year of college will look like for you 1) as a student, 2) personally and 3) with your relationships. Once you have these end goals in mind, then think of what you will need to do to accomplish them. These things become your priorities, and what you need to find time for in your schedule. They also help you see what you might be spending time on that isn't associated with any of your priorities. You can learn more about this technique in the following short video clip.



Gaining Control of Time

Resources

As time management is a common concern, there are lots of resources designed to support you in practicing the strength of self-regulation. If you are a social learner, you can sign up for group workshops on time management. Additionally, the Center for Teaching, Learning and Research (CTLR) offers 1 on 1 appointments with peer ACEs and professional staff. For students who learn best on their own, the CTLR also offers videos, worksheets and other resources which you can access at your own pace. The really nice thing about working with the CTLR is that they are going to remind you to schedule time for all of the non-negotiables like self-care, relationships and sleep in addition to helping you map out time for your classes, assignments and co-curricular obligations. They can also help you see if you have

over-committed yourself, which is a good cue to revisit the priorities you identified in the above activity.

If you are having trouble identifying your priorities, you can always schedule time to speak with me, your First Year Seminar Professor/Academic Advisor or the professor of a class you are particularly enjoying. These are some of our favorite conversations to have with you!



[Creating a Plan \(video\)](#)



[Time Management Planners](#)



[Make an Appointment \(ACE or Professional Staff\)](#)



[Sign up for a Workshop](#)

Important Dates

- 2/24-4/17 Students May Drop a Course with Permission



[Registration Information and Instructions](#)

Was this information helpful?

Please take less than one minute to let me know!

[Feedback](#)

No minimum order value

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[Self-schedule an appointment here!](#)

Contact me.

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