



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 tips for thriving at

Middlebury!



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

Time Management

I know, I covered the concern of how to manage time last week. But here's the thing, I doubt many (if any) of you have substantially changed how you are prioritizing and budgeting your time since then. And I don't think it's because you don't want to. And I definitely don't think it's because you lack the willpower to do so. Instead, I would argue, it's because you haven't had enough time to develop new habits.

As Aristotle so succinctly explained, "We are what we repeatedly do. Excellence, then, is not an act but a habit." So, if we want to be good at time management, we are going to give ourselves repeated opportunities to practice all those components that go into setting up and following a new schedule.

Managing our time is really about managing our habits

The most effective way to develop a new habit is to be specific about the behavior you want to perform, as well as where and when you are going to perform it. You need to find a way to make it fun, and it's especially helpful to enlist the support of positive role models and mentors. Importantly, you are also going to have to cut yourself some slack if your plan gets derailed. Instead of giving up when you slip into an old "habit," make a reasonable effort to still accomplish your specific goal once you realize what happened and then try again the next day. The more times you engage in this new schedule, the more your desired behavior will start to feel like a thing you just do. Remember, the virtue of temperance is all about the long game.

Here is a short article that goes into more detail about how you can turn an intention into a habit.



[5 Step Habit Builder](#)

Resources

Last week, I highlighted resources within the Center for Teaching, Learning and Research (CTLR) that can help you create a balanced schedule. If you have not had a chance to explore these resources, I strongly suggest you "make some time" to do so. With that said, as wonderful as the CTLR is, it's not always the right type of campus resource to help you formulate a new habit.

When you think back to the goals you identified last week 1) as a student, 2) personally and 3) in your relationships, it may have led you to think about less-academic things such as your overall level

of motivation, your relationship with substances or the impact that friends, family, or relationship partners are having on you. These types of concerns are a little bit tougher to translate into specific, attainable behaviors. They can also be difficult to talk about in a non-confidential setting. To help with this, Middlebury students have access to confidential Health Coaching. Health coaches are great allies in supporting your holistic well-being.

Health Coaching involves professional health educators supporting students as they set goals, name challenges, explore their values & strengths, and access personal motivations to develop and sustain healthy behaviors and attitudes. Health educators are also ready to meet you wherever you are at. If you think you could use a little bit of support in creating a new and healthy habit, you have everything to gain and nothing to lose by scheduling an appointment.



Creating a Plan (video)



Time Management
Planners



Make an Appointment
(ACE or CTLR
Professional Staff)



Meet with a Health
Coach

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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