

PRIORITIZATION AND MINDFULNESS

**LAS101,
UA MAEVE MCGUIRE**

EXPECTATION VS. REALITY

College Life





Prioritization Mindfulness

STEPS TO BALANCE YOUR RESPONSIBILITIES

PRIORITIZATION

What roles do you hold?

- Student, employee...

What are all of your responsibilities?

- Exams, work hours...

What excites you?

What do you dread doing?

How do you practice self-care?

PRIORITIZATION

Additional tips:

- Stay organized
 - LASI01 Planner
- Use your resources
 - Academic Advisor, UAs, Professors
- Carve out time for self-care
- Set some goals

What other criteria do you use to prioritize?

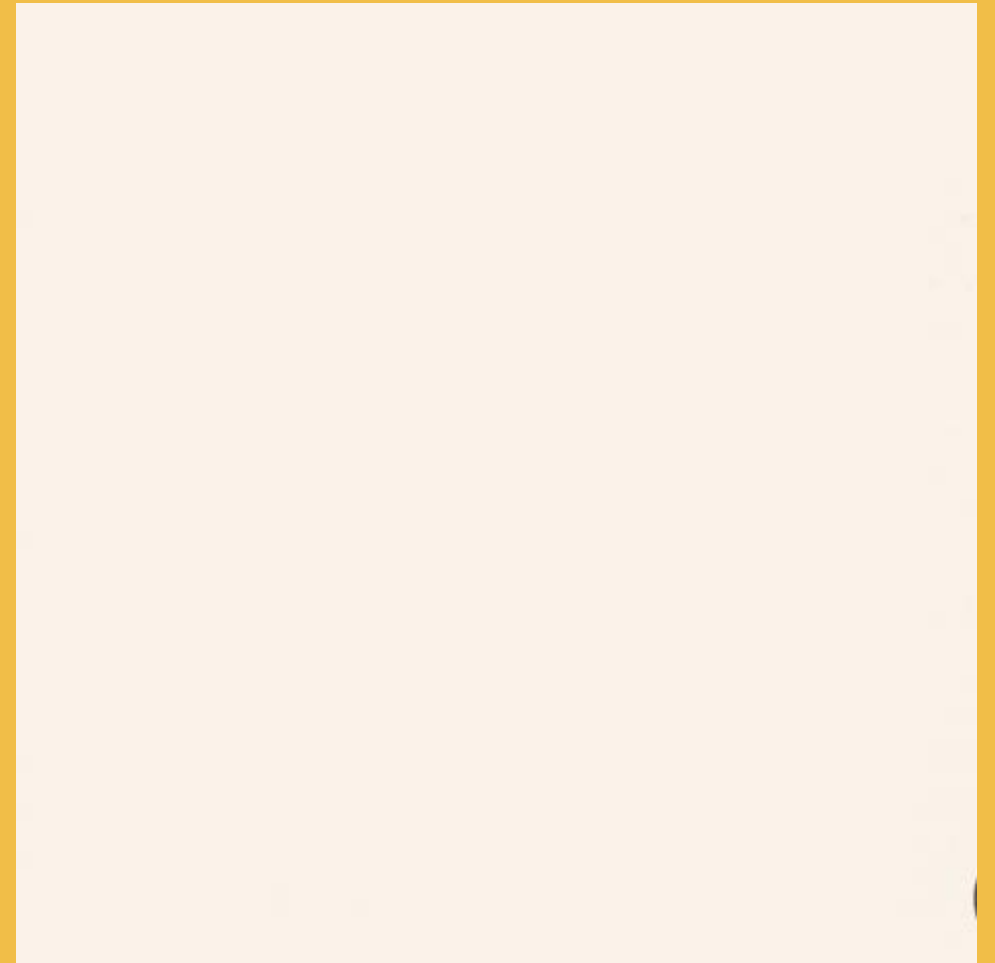
MINDFULNESS

- By being mindful, we discover what we truly enjoy and what we could do without
- This helps us pick out what activities are important to us in life, especially as we take on new responsibilities



MINDFULNESS

- Focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations



MINDFULNESS

Let's try
it!



MINDFULNESS

- In what ways can you adapt this strategy to continue practicing mindfulness in your daily lives?
- How can you use mindfulness at high-anxiety events such as the Majors Fair, Majors in Minutes, and Career Fair?

Name, UA, Section,
answer to questions

RESOURCES



LASI 01 Professor and UAs



Student Wellness Center



Student Counseling Services



Thielen Student Health Center



Biofeedback



Clubfest



Academic Success Center