

# What are our Goals?

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# Excel in School

We can do well in school by...

- Studying
- Finishing assignments on time
- Taking notes
- Understanding the material
- Participate in class

Some challenges may include...

- The material may be difficult to understand - we can sign up for tutoring and study groups
- Lacking motivation to do homework - take a break, then work on it again
- Financial hardship - apply for grants and scholarships, financial aid, etc.



# Networking



To learn to network, we can...

- Practice - always keep talking to new people about their profession
- Find companies and request to intern or shadow a professional
- Send emails or inquiries to people in their field
- Ask the professor about the field

Some challenges we face may include...

- Social anxiety - start talking to professionals with the mindset that everything you say and do will only help improve yourself, and that they will understand people struggle with speaking
- Rejection - many professionals may overlook or reject email inquiries, and that's okay; there are many other people that are willing to help, and rejection is a normal part of any career.
- Lack of people to inquire - some professions may be niche, and therefore not have as many online resources. It is good to ask the professor in this case, as well as career advisors and counselors.



# Work/Life Balance

- Getting a job
- Self care
- Mental health
- Being able to have a personal life and school life separate



Some challenges may include...

Not being able to go out all the time due to work and school- this is when you do selfcare do a facial mask or just relax and take time for yourself

Becoming overwhelmed- Just balance your schedule and make sure you're not pushing yourself overboard.

Being alone- take this time to think get yourself together and go over your plans and goals