What are our Goals?

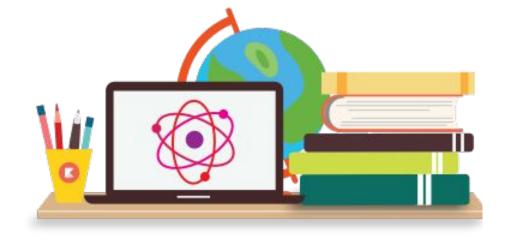
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Excel in School

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



