



Emerging Scholars Portal

Aims CC-STAR Center, December 2010



IMPORTANT REMINDER: The Holidays are *NOT* meant to be stressful...

Be realistic on what you can and want to do. You can't do it all. So, why worry about it? Pick the things that are most important to you and focus on those.

When planning a stress free Holiday celebration, it is a good idea to make a plan and be a little flexible! Having a "to do" list will help you organize what needs to get done and what needs to be bought, etc.

STAR of the Month!

**Congratulations
Janae!**



Janae Taylor

STAR Center's very own, Marti Demarest, nominated **Janae Taylor** for 2010's final *STAR of the Month!* Janae is a new student this year, and she is making a smooth transition into college life. Inspired by her younger brother, who is diagnosed with Down syndrome; Janae's passion lies within assisting the developmentally disabled. Janae plans to transfer to UNC to complete her degree in special education.

Keep it up, Janae!

Congratulations from STAR Center!

"Keep your goals in sight, keep pushing yourself; keep going at a good rate." ~Janae Taylor

Office Hours & Information

STAR Center, College Center room 266 Learning Commons

Monday

8:00am-7:00pm

Tuesday & Wednesday

8:00am-6:00pm

Thursday & Friday

8:00am-5:00pm

Front Desk:

970-339-6514

Allow yourself some down time. No one can be perky all the time. While you are doing things for others, don't forget yourself. Quiet times for yourself will renew both your spirit and your energy.

Think positive and remember to have fun!!
<http://www.spritzels.com/holiday/relax>

Try to do as much as you can in advance. You can cook and freeze many recipes to save time later.

Celebration!!!

During Winter Break, celebrate **YOU!!!**

Take a moment to reflect upon your fall semester. Did you meet your academic goals? What did you learn about yourself personally? Did you discover any strengths or weaknesses? *Be proud of your accomplishments!*

Reward, Relax, and Rejuvenate!