



# THE EVENING WEEKEND COLLEGE NEWSLETTER JANUARY 2019

*“It does not matter how slowly you go as long as you don’t stop.” - Confucius*

## Have you already ditched your New Year resolutions?

If I had a dollar for every time I read the phrase “New year, new me” on social media around the end of every year, I would be rich. Even though there is nothing wrong with this overused phrase, wouldn’t it be nice if we could prove doubters wrong by sticking to our new years resolution longer than three weeks. It sure would! Here are some pro tips on how to set goals and increase your chances of accomplishing them.

It’s all about setting S.M.A.R.T goals and they look something like this:

**Specific**– Setting specific goals means to be crystal clear on what you want to achieve. Setting specific goals is much more effective than having an ambiguous wish.

**Measureable**–Having measureable goals is key because it will allow you to track your progress and see how you are doing over time.

**Achievable**– Achievable does not mean you can’t have big goals or aspirations. It simply means not taking too big of a step too fast. This could lead to frustration and potentially quitting too early.

**Relevant**- Means setting goals that really matter to you. Ask yourself if you are making your goal for the right reasons.

**Time-bound**– Similarly to achievable, the timeline towards achieving your goal should be realistic too.

### Mark your Calendar

**Jan 28:** Official Day of Record (12th class day for Spring 19 Classes)

**March 4:** Registration Begins for May Mini and Summer 2019 Semester

**March 11-17:** Spring Break

**April 2:** Last day to drop 16 week class

### EWC Hours & Location

Office: **LRNC-214**

Phone: **281-290-3233**

Mon-Thu **5pm-9:45pm**

Fri: **5pm-9:30pm**

Sat **8am-3:30pm**

**Cfweekendcollege@lonestar.edu**

*Evening Student Events*

FUNDAY MONDAY	TERRIFIC TUESDAY
JAN 29 HSC 1 <i>Pizza &amp; Shirts</i>	JAN 30 CASA
FEB 25 CASA <i>Trail Mix Bar</i>	FEB 26 TECH
MAR 25 HSC 2 <i>Cereal Bar</i>	MAR 26 CASA
APR 29 TECH <i>Hot Dog Bar</i>	APR 30 HSC 1/2

5:30 PM - 6:30 PM

“CONVENTION IS OUR NUMBER ONE PRIORITY FOR CYFAIR”

### Upcoming Events

Jan 29th: **Terrific Tuesday** 5:30 pm-6:30 pm @CASA **FREE Event!**

Jan 31st: **Yoga and Meditation** 5:30-6:30pm@ LRNC 131

Feb 7<sup>th</sup>: 4:00 pm – 6:00 pm **Ready, Set, Enroll!** @CASA

Feb 21st: **Movie Night** 6:30pm-8:30pm @Amphitheater

Feb 25th: **Funday Monday** 5:30pm-6:30pm @CASA

Feb 26th: **Terrific Tuesday** 17:30 pm–18:30 pm @ TECH

Feb 28<sup>th</sup>: **Indoor Rock Claiming** 4:00 pm – 6:00 pm

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