Over the last couple of weeks, you have been adjusting to your new schedule, academic load, relationships, and responsibilities. For many of us, when things are going well or we do not anticipate encountering issues, we can become complacent and lulled into a state of comfort. Then when an issue or problem arises, it causes more destruction or requires more effort to fix than if we had anticipated, or prepared for, it. Being proactive means that you act in anticipation of future problems, needs, or changes. Having a proactive mindset is beneficial because it allows you to be in control of a situation and prepare for situations ahead of time.

“The future depends on what you do today.” – Mahatma Gandhi

**ODU Virtual Escape Room**

You have recently arrived at ODU Norfolk Campus for your very first semester of college! You weren't entirely sure that this day would ever arrive, but you are excited to be here and ready to complete the year! As an ODU student, you are expected to be proactive and try to find solutions to scenarios BEFORE they become a real problem. To successfully escape this adventure, you will need to use all of your knowledge about ODU student success offices, good health practices, and some general ODU trivia to escape.

**Virtual Escape Room**

**Wow...this is different from high school:**

**Taking charge of your learning**

Join CHIP on **September 14 from 2:00pm-3:00pm** for a workshop to learn how to take charge of your learning and gain effective study habits. Workshop participants will hear from Peer Academic Coaches, who will provide you with tips and advice in how to be proactive in your education.

**Workshop Zoom Link**
Being Proactive Starts with SMART Goals

This acronym has been around for a long time and its meaning varies, but the basic concept works across all areas of life. This is the version I use to set goals:

**S: Specific** - Pick something particular instead of using a broad category. Make it simply written and clearly defined.

**M: Measurable** - Choose something you can quantify. There should be evidence of your accomplishments.

**A: Attainable** - You should actually be able to reach this although it is challenging. It may just require the right steps.

**R: Realistic** - Be honest, and measure outcomes more than activities.

**T: Timely** - Give each goal a timeframe to create a sense of urgency. Every goal should be time sensitive.

With the principles of SMART goals in mind, we want you to create goals for your first semester at ODU. Creating goals is a proactive approach to accomplishing or achieving something that is currently unattainable. Each semester is 16 weeks and requires a series of goals to be successful. You can think of your semester as a triathlon, a race with three continuous and sequential stage. You have three stages to complete and a different goal per stage. Triathlons are designed to allow athletes to complete the most difficult stages first (swim, bike, run). First, you have to swim while you have the most energy, then bike through the difficult, winding terrain, and finally run towards the finish line.

Now, let's put the concepts of the triathlon into practice by create a SMART goal for each stage of your race, aka semester. Additionally, ODU has numerous campus resources to help you succeed. When creating your goals, identify one or more resources to use in achieving the goal.

<table>
<thead>
<tr>
<th>ODU Goal Triathlon</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SMART GOAL</strong></td>
</tr>
<tr>
<td><strong>CAMPUS RESOURCES</strong></td>
</tr>
<tr>
<td>Swim (Goal #1)</td>
</tr>
<tr>
<td>Bike (Goal #2)</td>
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<tr>
<td>Run (Goal #3)</td>
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Mane Connect Success Coaching

Success coaching is a program offered to a select group of first-year students. Participating students will attend regular one-on-one meetings with their coach throughout their entire first year. Mane Connect Coaching will provide personal, educational, academic and career guidance. The goal of success coaching is to help each student achieve their full potential and make the most of their first year at ODU. Students who maximize their success coaching experience, earned a higher GPA and were retained at a higher rate than their peers. Working with your success coach is a great proactive step toward your success at ODU.

ODU Resources for Proactive

All resources available virtually this semester.

Center for High Impact Practices - odu.edu/chip
The Center for High Impact Practices (CHIP) supports academic success in the classroom and beyond through student-centered programs, resources, and high-impact educational activities. CHIP oversees the ODU Learning Center, a centralized learning space (physical and virtual) that provides students with opportunities to practice and enhance their learning outside of the classroom.

Writing Center - odu.edu/ai/writing-center
The Writing Center provides supplemental instruction to help students improve their writing strategies. Instead of providing a proofreading service, we offer tutoring sessions that assist students in learning to proofread their own work, in getting projects started, and in developing the writing process for a paper.

University Libraries and Learning Commons - odu.edu/library
The Libraries enrich the academic, research, and learning experience of the University community through people, collections, and spaces. The Learning Commons creates an environment with access to campus resources, services and expertise offered by several academic departments in a single location, as well as facilitates student learning through exploration, collaboration, and discussion.

Tutoring Services - odu.edu/success/academic/tutoring
Discover the nearly 50 Fall 2020 course tutoring options available to you as a student. If you do not find the course you need assistance with, schedule an appointment with an Academic Coach.

Math & Science Resource Center - odu.edu/sci/msrc
If you need assistance with math, psychology, computer science, chemistry, physics, or have supplemental instruction associated with your course, utilize the Math & Science Resource Center.
**Weekly Challenge**

- Post a photo of your daily calendar with your to-do items listed.

  Due Sunday 9/20

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**Proactive**

**Submit Your Weekly Challenge**

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**Reflection Activity**

- Consider a time when you did really well in a class. What steps made you successful?
- Now, think of a time when you didn't do as well in a class. How did you take responsibility and learn from it?

  Due Sunday 9/20