

## Family Movie Night

February 18th  
5:30 p.m. - 7:30 p.m.  
North Café

Check your email daily for the most up-to-date information on program and campus happenings!

### Important Dates

	January		February
		1	Last day to withdraw for 50% refund
		3	Scholarship Workshop 12:30 - 1:30 p.m. in W11
18	Martin Luther King, Jr. Day No Classes	15	President's Day – No Classes
20	Classes begin	18	Family Movie Night 5:30 - 7:30 p.m. in the North Café (Sign-up Required)
25	Kick-Off Event, 12:30 – 1:30 p.m. in the North Café	19	Cycle 1: Last day to withdraw
26	Last day to add/drop for 100% refund	22	File the FAFSA
31	Start working on those tax returns!	25	Living Frugally Part II 12:30 - 1:30 p.m. in W11

If you have a disability and require accommodations in order to participate fully in Program activities, please contact the Program Director to discuss your specific needs.  
Affirmative Action/Equal Opportunity Institution

January/  
February 2016

#### Program Services

- Academic Advising
- Personal Counseling
- Career Counseling
- Transfer Counseling
- Disabilities Services
- Individual and Group Tutoring
- Seminars
- FYE Courses
- Supplemental Instruction
- Cultural Activities
- Grant Aid
- Equipment Loans  
(laptops, calculators, & more)

#### Program Staff

**Gaurav Khanna**  
Director

**Catherine Maddox-Wiley**  
Retention Specialist

**Lisa Diamond**  
Transfer Counselor

**TBA**  
Academic Counselor

**Sara Williams**  
Management Assistant

**Paula Clapp**  
Math Professional Tutor

## HERE'S TO YOUR HEALTH AND WEALTH!

New Year's and spring semester motivate us! We're excited about new goals and trying new things. Typically, we tend to focus on improving our personal and financial well-being.

Your responsibilities as a college student should also include academic fitness. We have the questions. Do you have answers?

#### Personal Preparation:

What's your and your physician's assessment of your physical, emotional, and mental health? What specific actions will you take to improve? What resources will you need?

#### Academic Fitness:

Do you have the necessary course materials? What new or improved study strategies will you try? How do you plan to stay on track throughout the semester?

#### Career Satisfaction:

What do you want to be when you grow up? Why choose that career? Will you be suited to the career not only in academic preparation but in skill and emotional demeanor? How so? Are you on the right path for that profession? Do you have a Plan B?

#### Financial Security:

When will you put together a budget plan for this year? What money saving habit will you implement? What dollar amount can you save each week/month? What's your timeline for filing those taxes and your FAFSA?

**Last question:** Did you make New Year's Resolutions? Great! Now see our recommendations on page 2 for how to make those goals stick.

## SHOUT OUTS!!!

Congratulations to the following students for acceptance into the Practical Nursing Program for 2016!

**Katherynn Alden**  
**Sadiya Clark**  
**Holly D'Angelo**  
**Kelly Gorham**  
**Heather Caauwe**  
**Danielle O'Brien**  
**Bryan Rios**

Note: This was the information available to us at the time we went to print.



All Rx students are expected to complete the check-in process with an Rx advisor.

Complete the process by **February 5** with 100% participation!

**Break the fall  
semester record!**

## Keep Those New Year's Resolutions

The new year is upon us, and many of us will plan to change our bad habits. Making resolutions can be easy, but keeping them is much harder. According to the Statistic Brain Research Institute, only 8% of people who make New Year's Resolutions actually follow through and achieve them. So how can we beat the odds and reach our goals? Here are some suggestions for staying on track:

### Choose a resolution that means something to you.

Often we fail because the resolution is "the right thing to do" or is what someone else wants us to do. Resolutions need to be meaningful and in sync with our values if we want to be successful.

### Be specific.

Rather than saying "lose weight," say, "Eat more healthily" or "Cut out fried foods" or "No more soda."

### Break it up into manageable pieces.

Small changes can bring big rewards. If you want to start exercising more, add a 5 minute walk into your day and increase the length of the walk over time, rather than starting out with a long run that leaves you sore and disheartened.

### Micromanage.

Keep track of every aspect of your resolution in order to achieve your goals. For example, if you want to get a better grip on your finances, keep track of every penny you spend, so you know where your money goes.

### Don't beat yourself up if you mess up.

We all have weak moments, so don't give up just because you made a mistake. Recognize the progress you have made toward your goal and get back on the right track to achieve it.

Excerpted from the Huffington Post R.L. Adams "How to Make Resolutions that Stick"



at the Kick-Off Event!  
**Monday, January 25**  
**12:30 – 1:30 p.m.**  
**North Café**

## Heidi, We'll Miss You!

The Rx Program says goodbye to Heidi Wharton, our academic counselor at the Devens campus. Heidi will be saying hello to MWCC's Diversity Pipeline Grant for which she will be taking on the role and responsibilities of Career Coach for Leominster High School students who are preparing for dual-enrollment in MWCC's pre-healthcare academy.

Heidi joined the Rx Program in spring 2013 and has provided a wealth of support to online learners and students taking courses in Devens. Let's not forget all the time she spent in Gardner, providing additional advising assistance and attending semester gatherings. Who can forget the Captain's Calling icebreaker at this year's Fall Kick-Off Event? We know that Heidi will make terrific impressions on her new colleagues and students and great contributions to the program, so please join the Rx staff in wishing her the very best.

## MONEY TALKS

Speaking of financial security, ever notice how some popular sayings relate to academic finances?

**Saying:** The early bird catches the worm.

**Translation:** The early FAFSA filer gets the money.

**Saying:** You can't win the lottery if you don't buy a ticket.

**Translation:** You won't receive a scholarship if you don't apply.

**Saying:** He that goes a-borrowing goes a-sorrowing.

**Translation:** Loans can be useful, but nothing beats free.

**Saying:** Never leave that till tomorrow what you can do today.

**Translation:** File your FAFSA.

**Saying:** The time to repair the roof is when the sun is shining.

**Translation:** What are you waiting for? It's a gorgeous day to file your FAFSA!

**Saying:** See an Rx advisor for FAFSA assistance.

**Translation:** See an Rx advisor for FAFSA assistance.

## Health and Wealth-ness

Correctly complete and turn in this puzzle to Catherine by Monday, January 25, 12:00 p.m., and you will be entered into a drawing for a prize. The winner will be announced at the Kick-Off Event

P	Q	L	O	H	S	C	M	P	R	R	S	S	K	Z
J	R	E	A	Q	R	F	A	E	E	E	C	U	J	E
E	C	E	Y	I	S	C	S	P	G	H	H	W	F	F
J	D	B	P	T	C	O	W	G	I	J	O	K	D	H
X	Y	R	U	A	L	N	S	Q	A	D	L	M	F	Q
O	U	D	T	U	R	S	A	W	U	Q	A	G	U	S
M	Y	H	T	D	E	A	Z	N	Y	J	R	O	I	S
H	A	I	K	N	Z	U	T	I	I	M	S	A	K	E
S	O	N	T	C	S	K	X	I	E	F	H	L	Z	R
N	R	I	A	K	D	Y	J	R	O	L	I	S	W	G
E	F	W	K	G	L	F	M	K	C	N	P	S	D	O
A	S	F	A	F	E	S	E	C	R	U	O	S	E	R
L	H	J	P	Y	K	L	F	R	P	V	L	E	A	P
K	Q	A	F	C	A	R	E	E	R	S	G	X	Y	W
Z	I	A	R	N	D	Q	A	H	W	R	M	N	P	M

### Word Bank:

CAREER GOALS FINANCIAL FITNESS FAFSA MANAGE STUDY  
 SCHOLARSHIP PREPARATION PROGRESS RESOLUTION RESOURCES