



Happy New Year!

As you embark on the next chapter of your academic journey, remember to stay focused, organized, and positive. Believe in yourself and your abilities, and don't be afraid to ask for help when you need it. Take advantage of all the resources available to you, including your professors, tutors, and fellow students. And most importantly, don't forget to take care of yourself both physically and mentally. Here's to a successful and fulfilling semester ahead!

Welcome new students!

We want to give a big, warm welcome to all the new international students joining us this spring. We hope you find the adjustment to a new country and university to be a smooth and enjoyable experience. We value and celebrate the unique perspectives and backgrounds that each of our international students brings to our community. Please know that we are here to support you every step of the way. If you have any questions or concerns, please do not hesitate to reach out.



What's New?!

In 2024, sustainability will be a key focus area, as concerns about climate change continue to grow, governments and businesses around the world are taking action to reduce their carbon footprints and promote eco-friendly practices. Additionally, the rise of automation and artificial intelligence is set to revolutionize various industries, leading to job security, privacy, and ethical concerns.

Monthly Motivation

**“Celebrate endings—
for they precede new
beginnings.”**

–Jonathan Huie

Dates & Reminders

- Winterim 2024 Classes in Session (Jan 2nd-13th)
- Tuition Payment Deadline (Jan 12th)
- Martin Luther King Jr. Day - Campus closed (Jan 15th)
- Spring 2024 Classes Begin: Full-Semester Classes (Jan 16th)
- MSU Denver Spring 2024 Welcome Week: Involvement Carnival (Jan 16th)



Discussion- Setting Goals

Setting goals and new year resolutions are all common themes that come with the start of a new year. Many people view the new year as a fresh start, a chance to leave behind any negative experiences and focus on the positive. This is a great time to reflect on the past year and evaluate what went well and what could have been improved.

When setting goals for the new year, it's important to be specific and realistic. Creating a plan of action can help you achieve your goals and hold yourself accountable. It's also important to remember that setbacks are a natural part of the process, and it's okay to adjust your goals as needed.

Motivation can be a struggle, especially when the initial excitement of the new year fades. To combat this, try breaking your goals down into smaller, achievable tasks and celebrating each accomplishment along the way. Surrounding yourself with a supportive community can also provide encouragement and accountability (We are here for you!).

Remember, the most important thing is to be kind to yourself throughout the process. Embrace the journey and enjoy the progress you make, no matter how small. Cheers to a happy and healthy new year!



S.M.A.R.T Goals

When it comes to reaching for those stars, remember SMART goals: Specific, Measurable, Attainable, Relevant, and Time-bound. Get super specific, use numbers to track your progress, set goals that are a stretch but still doable, link them to your long-term vision, and give yourself a deadline to reach them.