

# **Navigating the New Year Tips for Kicking of the Year Right**

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You have made it through training and move-in, now what? Whether you are a seasoned Housing professional or this is your first semester working in Housing, a new year can bring nerves and excitement. Here are some tips and tricks for starting your new year off right!

## **1. Make a Good First Impression**

Making a good first impression with your staff, colleagues, and students is integral to starting the year off right. Ensure you are remaining organized, completing tasks on-time and effectively, and are there as a support for those around you. You can never make a first impression again, so make it count!

## **2. Take Care of Yourself**

Self-care early and often in your Housing role is imperative. After August, it is easy to become tired, burnt-out, and overwhelmed by all that has happened and having to navigate a new routine. Schedule time for yourself throughout your day and week. Whether it's taking a walk while on your lunch break, unplugging from your devices for an hour at night, or visiting friends and family outside of the Housing profession, time for yourself is necessary to ensure your health and wellness is at 100% (so you can give 100%!).

## **3. Set Expectations**

Expectations help to ensure that all parties are on the same page with regard to job duties and professional styles. Set expectations with your staff and your colleagues; this will help to avoid disappointments later, and this will also provide transparency from the beginning. Also, strive to meet the expectations of others. "Don't live down to expectations. Go out there and do something remarkable." — Unknown

## **4. Learn, Learn, Learn!**

No matter how many years of experience you have, Housing and Higher Education never ceases to give us an on-going education. Ask questions, seek new opportunities, and branch out to different areas or experiences. If you would like to learn more about an area or function, set up a meeting with someone who has knowledge in that area or serves in that role. Serve on committees, seek a mentor, or seek out an opportunity to attend a workshop or conference (like MAHO!).

## **5. Set Personal and Professional Goals**

"Turn your cant's into cans and your dreams into plans!" Goals provide a specific and measurable outcome that will help us focus and tweak our daily habits and actions in order to achieve that outcome. Start small with one or two goals, both personal and professional, and share them with a colleague or your supervisor in order for you to have someone to support you and hold you accountable to achieving those goals. Give grace to yourself while meeting those goals — you got this!