

# **UW-GEAR UP | JANUARY** **COMMUNICATION & CONTENT CALENDAR**

## **ATTN: SITE COORDINATORS**

Welcome to the January Communication Content Calendar! It's a New Year and a new beginning. I'm thrilled to be in your corner. This is a year of taking action for action.

Our three themes for the month are:

- 1) Goal Setting
- 2) Time Management
- 3) Stress Management

Now that students have their first quarter/semester behind them, please encourage them to use their experiences to help them set goals, manage their time, and find help and support for the coming months/years.

This month I've included four new videos. You'll find videos on The Three Ps (people, places, patience), goal setting, and time management. There are also exercises from my workbook available in the resource section (located on the top of the page in the navigation bar) to help put ideas into action.

If you have any questions or concerns, please feel free to reach out to me at [harlan@helpmeharlan.com](mailto:harlan@helpmeharlan.com).

Thank you,

-Harlan

# UW-GEAR UP | JANUARY 2018

## COMMUNICATION & CONTENT CALENDAR

### **RANK IT, TEXT IT**

#### **WEEK #1 – GOALS**

***DIRECTIONS: Copy, Paste, and Text the message below.***  
***SUGGESTED TIMELINE: Send RANK IT, TEXT IT every Monday***

**MESSAGE:**

RANK IT | TEXT IT: Respond with number 1-10  
How excited are you for 2018? (Scale: 1=Meh 10=Yeah!)

***DIRECTIONS: Send the message below as a follow-up text***  
***TIMELINE: Send the text below a few minutes after the first message.***

**NEXT MESSAGE:**

QUESTION: What's your New Year's resolution? Send me one or two or three.

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#### **WEEK #2 – ACADEMIC GOALS**

***DIRECTIONS: Copy, Paste, and Text the message below.***  
***SUGGESTED TIMELINE: Send RANK IT, TEXT IT every Monday***

RANK IT | TEXT IT: Respond with a number 1-10  
How do you feel about your GPA from the last grading period? (1=Bummed 10=Brilliant)

***DIRECTIONS: Send the message below as a follow-up text***  
***TIMELINE: Send the text below a few minutes after the first message.***

QUESTION: What's your academic goal for the next grading period? GPA?

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#### **WEEK #3 – TIME MANAGEMENT**

***DIRECTIONS: Copy, Paste, and Text the message below.***  
***SUGGESTED TIMELINE: Send RANK IT, TEXT IT every Monday***

RANK IT | TEXT IT: Respond with number 1-10  
How would you rank your time management skills? (1=Time Waster 10=Time Master)

***DIRECTIONS: Send the message below as a follow-up text***  
***TIMELINE: Send the text below a few minutes after the first message.***

QUESTION: What's been your greatest time management challenge so far?

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## **WEEK #4 - STRESS MANAGEMENT**

***DIRECTIONS: Copy, Paste, and Text the message below.***  
***SUGGESTED TIMELINE: Send RANK IT, TEXT IT every Monday***

### **MESSAGE:**

RANK IT | TEXT IT: Respond with number 1-10

How would you rank your stress level this week (Scale: 1=Stressed 10=Chill)

***DIRECTIONS: Send the message below as a follow-up text***  
***TIMELINE: Send the text below a few minutes after the first message.***

### **NEXT MESSAGE:**

**QUESTIONS:** What has been stressing you out this week?

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## **ADDITIONAL TO DO TEXTS:**

***DIRECTIONS: Text the messages below.***  
***SUGGESTED TIMELINE: Send one (1) message each week (later in the week)***

### **Text #1**

TO DO: Write your 2018 story as if it's already happened (see video)

### **Text #2**

TO DO: Talk to your advisor and plan the rest of the year.

BONUS: ALWAYS Talk to your advisor if you're considering dropping or adding classes

### **Text #3**

TO DO: Identify a leadership position on campus that excites you

### **Text #4**

TO DO: Study in a new place on campus and meet new people

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