

# Chapter 7: Managing Your Life



# MANAGING YOUR LIFE

- Determine priorities
- Consider values
- Set goals
- Plan ahead



# SMART GOAL SETTING

**S**pecific

**M**easurable

**A**ction

**R**ealistic

**T**ime



# HABITS

ALIGNING OUR HABITS TO OUR VALUES AND GOALS



# HEALTH

## HEALTH AND WELLNESS

- Exercise
- Diet & Nutrition
- Rest



# AFFECT

## EXPRESSING AND MANAGING OUR EMOTIONAL LIFE

- Mood
- Feelings
- Fun



# **BEHAVIOR**

## DAILY ACTIVITIES FOR WORK AND PLAY

- Career
- Studying
- Time Management
- Money Management



# **INTERPERSONAL**

RELATIONSHIPS, FRIENDS, FAMILY, CO-WORKERS

- Family
- Friends
- Communication





# THINKING

THOUGHTS, BELIEFS, IMAGINATION, EXPECTATIONS,  
AND MEMORIES

- Problem Solving
- Decision Making



# SPIRITUAL

SPIRITUAL WELL-BEING AND MEDITATION



# Take Action – Ask Yourself

- What do I really want in my life?
- What do I want to be, do, have, know?
- What do I want to happen?
- What am I going to do about it?



# CHAPTER 8: MAKING HEALTHY DECISIONS



# SAFETY, SECURITY, AND EMERGENCIES

- Follow simple crime prevention tips
- Utilize campus escort service
- Campus police (4018 or 9-911)
- Enroll in Emergency Notification System (ENS)



# HAZING & HARASSMENT

## Hazing

- *Any activity expected of someone joining or participating in a group that humiliates, degrades, abuses, or endangers them regardless of a person's willingness to participate.*

## Harassment

- Physical, verbal, or nonverbal conduct
- Stalking
- Sexual harassment



# SEXUAL HEALTH

- Sexually transmitted diseases (STDs)
- Sexual assault and attack



# TAKING CARE OF SELF

- Get adequate rest
- Eat nutritious meals and snacks
  - [LA Tech Food Pantry](#)
- Exercise regularly
  - [Lambright Sports and Wellness Center](#)
- Health Clinic
  - [Green Clinic TechCare](#)
  - [Coastal Urgent Care](#)
  - [SouthStar Urgent Care](#)





# BE AWARE!

- Eating Disorders
- Alcohol use and abuse
- Drug use and abuse



# CHAPTER 9: CONNECTING TO STUDENT LIFE



# DORMITORIES

## Women's

Adams

Aswell

Mitchell

South

## Men's

Cottingham

Dudley

Graham

Mitchell



**Staff:** Hall Directors and Resident Assistants (RA)



# APARTMENTS

## University Park



Commons Areas:  
Caruthers, Thatcher, Kidd,  
Sutton, and Neilson

## Park Place



Commons Areas:  
Hutcheson, Jenkins, and  
McFarland



# Newest Additions

- Legacy Park Apartments
  - Harper and Pearce
- Aswell Suites
- Dudley Suites

**More to come over the next few years!**



# ON-CAMPUS DINING

- Student Center Dining Options
  - The Tech Table (main dining hall)
  - Chick-fil-A
  - Subway
- Tolliver Hall Dining Options
  - Moe's Southwest Grill
  - Starbucks
  - Sushic



# CAREER CENTER (KEENY HALL 337)

- Website (Links and tools)
- Seminars
- On campus interviews
- Job Opportunities Bank
- Career/Recruitment Days
- Career Library
- Many Career Decision Making Services



# Counseling Services (Keeny Hall 310)

- Free and confidential services
- Academic support
- Career decision making support
- Personal counseling
- National testing center
- Peer leadership opportunities





# BOOKSTORE

- Textbooks
- School supplies
- Souvenir/Gift items
- Computer software
- Graduation attire



# STUDENT ORGANIZATIONS

- Greek Organizations
  - Fraternities
  - Sororities
- Special interest groups
- Service organizations
- Professional associations
- Union Board
- Student Government Association



# OTHER CAMPUS SERVICES

- International Student Office
- Office of Multicultural Affairs
- Office of Disability Services
- TechCare - Student Health Center



# CAMPUS MEDIA

- KLPI (Radio)
- Tech Talk (Newspaper)
- Tech TV (television)



# RECREATIONAL ACTIVITIES

- Lambright Sports & Wellness Center
- Hide-away Park
- Intramurals & Sports Clubs



# ATHLETICS

- Basketball
- Volleyball
- Softball
- Soccer
- Bowling
- Track
- Tennis
- Tech Golf
- Bulldog Track
- Tech Baseball
- Bulldog Basketball
- Tech Football



QUESTIONS??

