Year-end Reflections
December 2014

It’s hard to believe that 2014 is almost over. We’ve been so busy with our many and various initiatives and tasks – working, studying, goal-setting, living – that the time truly seems to have flown by. As the year draws to a close and we take some refueling time away from campus, I encourage you to take the time to both refresh and reflect.

Spend time with friends and family or take some time just for yourself. Get back to your exercise routine, your research projects or sleep in...catch up on your movie or book list – or simply just take a breath.

Then think back on your year. What went well and what could have gone better...what can we improve upon? Assess your goals – not evaluate, but assess. Do you have new goals, new initiative to pursue? Are the things you thought important in January still critical? Have they evolved? How did you achieve them and to what degree? What did you learn along the way?

Within that process, don’t forget to celebrate your accomplishments – and don’t assume that less than 100% achievement is always failure. The keys to effective goal-setting and assessment are honest review, continuous improvement, and consistent progress. So, keep your self-reflection genuine. Be honest about what you need to work on, but be just as honest about where you’ve excelled. Both sides of the coin are critical to achieving a true, balanced view of your life and your success.

Please enjoy this time of renewal. I wish you peace and joy in whatever holidays and events you’ll be celebrating in the coming weeks. Thank you for a great 2014. Here’s to an amazing 2015!

Kyle