Have you made your resolutions for the New Year?

Here are a few that you may want to consider as you continue your journey to becoming a successful health care professional!

- **Accept personal responsibility.** Your decisions lead to your outcomes and experiences.
- **Define your goals,** then master the discipline and self management needed to get there.
- **Build supportive relationships in your life**—they will provide you with strength when the going gets tough.
- **Practice staying in the moment.** Don’t worry too much about the past or the future.
- **Manage your emotions,** and most importantly believe in yourself!


Once you have set your New Year’s resolution, stay strong and put forth some effort! Small changes can go a long way! Make sure your goals are specific, measurable, and attainable. Don’t surround yourself with energy zappers! The new year may be a good time to evaluate who you want to keep in your life and who you want to take away. Get rid of those obstacles and start fresh!

By Dr. Jennifer Slusher, Director of Counseling and Wellness

Resolutions Heard Around Campus!

- **Procrastinate Less!** Be a good role model. Learn to cook!
- **Eat healthier and exercise more.** Be Proactive.
- **Manage My Time Better!** Stop using the words hate and can’t.

Don’t miss our two new workshop series: Writing Workshop and Technology Toolkit. See p.2
The Library is happy to announce a brand new workshop series starting this semester! The **Librarians at Lunchtime** series is a free program of workshops available to all JCHS students, faculty, and staff. Each workshop explores a range of subjects that contribute to academic success at JCHS. This series will focus on technology, so come with your tech questions and learn all sorts of tech goodies! As always, there will be a free lunch to the first 10 students that attend!

**Beginning 1/30 with Advanced Google**

Need a picture for your presentation? Or maybe a study aid for anatomy? Learn how to use Advanced Search, Images, and how to find really specific items with Google

**Technology Toolkit**

Spring 2014 Every other Thursday 12:00-1:00 PM Room 501

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**January Writing Tips**  By Sarah Cox, Coordinator of the Learning & Writing Center.

While “like” and “such as” are used synonymously these days, they do not have the same meanings. *Like* is used to preface a comparison – “Bobby and Sue are like two peas in a pod – while *such as* precedes an example – Bobby and Sue favor desserts such as tiramisu and chocolate pie. If you had written, “Bobby and Sue favor desserts like …” would you be saying that they are, in fact, similar to desserts such as tiramisu and chocolate pie? Not that that would be a bad thing, but your meaning would be obscure and perhaps dreadfully silly. Further and farther should not be used interchangeably, either. Further is used to describe figurative distances and farther describes physical distances, as in “She ran farther,” and “Don’t take this argument any further.”

One more thought to leave you with: who versus whom. The former is a subjective pronoun like he/she/we/they; the latter is an objective pronoun (him/her/us/them). You can figure out which one to use by asking a question and answering it, not with who or whom, but with another pronoun. For instance, he/him. So, “To (who/whom) do we give it?” “We give it to (he/him).” The answer is him, so the first answer is whom. Let’s do another one, but this time, using a linking verb such as the verb “to be.” Linking verbs don’t describe an action, but rather a state of being. A pronoun that follows a linking verb takes the subjective case (I, he, etc). That makes things ultra bad, because linking verbs are intransitive, meaning that whatever comes after the verb “to be” doesn’t transition, or change, into an objective pronoun, but remains subjective. That’s why my mom always used to answer the phone, “It is I.” She wasn’t being snooty, just correct. So when one writes “Who/whom is it?” It’s who (or I, if you’re my mom).

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Don’t miss the Information Fair on January 25! Meet representatives from each of our programs, learn more about the College and tour the residence hall!

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It may be the start of the semester, but papers aren't far away, and the best time to prepare is now. If you're concerned about building your writing skills, the Jefferson Writing Workshop series can help you brush up on the fundamentals, or learn something entirely new! Each session will also be available to students off-campus using Blackboard Collaborate, and recordings of the workshops will be accessible from Student Central on Blackboard.

By Elliott Freeman, Writing Specialist

For more information about the Jefferson Writing Workshop series, please contact either Sarah Cox (sccox1@jchs.edu) or Elliott Freeman (emfreeman@jchs.edu)