

HERE'S WHAT'S HAPPENING

Hello Jefferson community! Hope you are having a Happy New Year! We wanted you to know that in the new year, we will now send the JeffHELP Newsletter every other month.

Student Spotlight



Have you or someone you care about recently experienced the death or illness diagnosis of a loved one? Are you looking for support or interested in helping others through a time of grieving?

The National Students of AMF (Ailing Mothers and Fathers) Support Network is a nonprofit organization dedicated to supporting young adults grieving the illness or death of a loved one. The organization accomplishes its mission by creating Students of AMF Campus Chapters on college campuses nationwide.

These chapters empower grieving students to support one another and participate in community service in memory of loved ones by raising awareness about the needs of grieving young adults. You can access them here: <http://www.studentsofamf.org/about/>

As a Thomas Jefferson chapter we will hold monthly meetings for our students, and engage in community service specifically oriented towards helping young adults who are experiencing illness or death of loved ones being treated at Thomas Jefferson Hospital. The first meeting will be held on Thursday Jan 22 at 6pm, Location TBD. Please email lrc007@jefferson.edu to express interest and ask any questions.

App of the Month

[iPhone](#): LearnVest (Free)

[Android](#): Expense Manager (Free)

Many of us are creating new year resolutions around the importance of budgeting and saving money. Some of us can be discouraged to do so because we just don't know where or how to start. Here's an app designed to help you start and make progress in your economic new year's resolutions.



With LearnVest, users can track their budget, set monetary goals, and watch their progress as they spend and save. An in-app premium version is also available to purchase with additional amenities including, most notably, step-by-step guidance from a LearnVest Planner. The Android substitute, Expense Manager, is for, all intensive purposes, the same, with one helpful additional feature; it allows you to separate your expenses by category if you so wish.



Monthly Poll Question

When you have a few extra dollars what do you like to do with it?

Last Month's Poll Results

Based on last month's poll, a majority preferred to spend snowy days inside, drinking hot beverages. This was followed closely by going for a walk, then skiing, then playing in the snow, complaining, and finally, catching snowflakes on your tongue.

Monthly Poll Question



What do you like to do when it snows? [Click here to vote!](#)

Last Month's Poll Results

Based on last month's poll, a desire for personal growth is what most drives those who responded. Next is achievement, followed by enjoyment of work, recognition, and finally, responsibility.

Resource of the Month

3 Tips to Success in our New Year's Resolutions

by Anupriya Ganguly, First Year Medical Student, Thomas Jefferson University

New Year's resolutions – most of us have personal experience of trying to stay faithful to our over-zealous goals, at the start of each year. Unfortunately, our dedication towards these targets tends to be transient, and many of us give up on our resolutions by February.

This year can be different. We have all heard that goals need to be realistic in order to be achievable. In other words, we need to take our schedules and the level of our motivation into proper consideration, while writing resolutions. New year's resolutions represent that humans are on a constant journey for self-improvement, which is a very noble objective. However, the implementation of our goal setting can be carried out in a more planned and systematic manner. Here are some tips to ensure that your new year's targets are more successful this year.

1. When setting goals for the coming year, first think about what you were proud of achieving this year. Perhaps you cooked once a week, instead of eating out everyday, or maybe you made more of an effort to stay in touch with old friends. Once you have identified what personal improvements you made in the past year, think of ways to build upon these past accomplishments. For example, you may plan to try more recipes from your favorite recipe book. Having a sense of continuity in your goals will make it seem more feasible to achieve your new targets. Not to mention, this strategy reflects that self-improvement is a more fluid process, rather than a fragmented path, starting and ending with each calendar year.
2. Try to set goals with a friend. Having someone to push you, and you pushing someone towards a target, makes it not only a more fun experience, but also a more successful one. You do not need to have the exact same goals as your friend, but as long as some of your goals coincide, you can use each other as a resource, and stay on track.
3. Start keeping a brief, but comprehensive account of what you accomplish at the end of each day. Try to list at least three things that you did today. Hence, stating that you just studied all day is not enough. Below is a more thorough list.

a) Studied fatty acids and sugar metabolism

b) Spoke to parents

c) Grabbed dinner with friends

Summarizing your day can help you keep track of your progress towards your goals on a daily basis. Not to mention, it makes you more aware of how you spend your time. 'Daily 3' is an excellent app specially designed for this purpose, and all you need is a Reddit account. The app can be accessed on the following web address: <http://daily3.me/>.

Don't forget, our own JeffHELP wellness site can help you reach the goals you set for yourself in 2015! Head on over to <http://www.jeffhelp.org/wellness/> and set and keep track of your goals holistically, from social endeavors to spiritual or economic improvement!

I'll also be trying these tips in 2015. Hopefully, we are all triumphant in our resolutions this year!

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