HIGHER ED NEWS

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Monthly newsletter to Salt River Higher Education students and our Community.

I WILL ACHIEVE

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Avoid the "Start-of-Workday" Blues

Chances are they are or can feel similar to the "start-of-schoolday" blues. Studies have shown that these moods set the tone for the rest of the day. That is to say that the moods we start the day with, whether it be at work or at school will stay with us all day long and can affect our productivity or performance. When you broaden your perspective and consider possibilities, you can sidestep what psychologists call a negative "start-of-workday" mood and begin and end on an upswing.

Here are a few tips to keep in mind to start your day off right:

- Avoid deep diving: try not to overschedule your day, especially when coming back from a long weekend.
- Avoid "Stinkin' Thinkin'": Look for gains in your losses. Focus on solutions instead of problems. And pinpoint an opportunity in a challenge.
- Break Routines: Try to take breaks and lunch hours. Change up your scenery by going outside, even if just for a quick 10 minute walk. Consider giving your workstation or homework station a makeover.
- H-A-L-T. The acronym H-A-L-T stands for "hungry, angry, lonely, and tired." This alert signal is a gentle reminder for you to stop, slow down and bring yourself back into balance when your mind starts to dread the day or task ahead. Think about how you feel and take action accordingly.

Read the full article, *How to Cope With the "Start-of-Workday" Blues,* at

> Effort and courage are not enough without purpose and direction.
>
> **— J.F.K.**

Choose to Think Positive

Have you ever wondered why some people seem to have an easier time handling tough or hard situations? We can all choose how we react to various situations. Our reactions can be positive or negative—a choice we can control. The origin of the tale of two wolves is often attributed to an Indigenous people, but its source is officially unknown. However, it's an easy-to-understand legend that gets to this idea of choice and positivity:

There are two wolves fighting within each person. One is negative. He is anger, envy, sorrow, regret, arrogance, self-pity, guilt, lies, and ego. The other is positive and full of love, peace, joy, hope, kindness, empathy, generosity, truth, and faith. Both wolves are fighting to the death. The wolf that wins is the one each person feeds more—your choices (positive or negative) feed that particular wolf. So if we want to have more positivity, then we should feed the wolf inside us filled with love and kindness. Ultimately, the choice is yours.

Have you ever thought about the words you use when you speak to yourself or others? The words you use both in conversation and thought have an impact on your own mindset. Positive self-talk can improve your psychological state and help regulate emotions. It can be helpful to write down the negative words you use throughout the day and for every negative word, write a positive word you could have used instead. Challenge yourself to feed the positive wolf inside you. Be mindful of the words you use, especially when you talk to yourself. You can be your best supporter by the words you tell yourself.

The Search is ON for a new President

Dr. Steven R. Gonzales, Interim Chancellor of the Maricopa County Community College District, recently announced that the search for a new **president of Scottsdale Community College** is underway. The search schedule calls for the new president to be selected by next spring. The chancellor has hired Academic Search, a national search firm specializing in higher education, to assist with the presidential search process.

Learn more at **https://www.maricopa.edu/executive-searches/scottsdale-community-college-president**

Watch Chat Recordings

Much of what we discuss during First Friday Chats is evergreen information that's beneficial to watch any time of year—especially if you're pursuing higher education. Each one is recorded and available to watch at **https://he.saltriverschools.org/srhe_news/announcements/first_friday2021**