



THE COMMUTER CHRONICLE

Buffalo State Student Life Office

5 Ways to Stay Motivated Mid-Semester

Believe it or not, we're already almost halfway through the semester! Follow these tips to stay motivated and beat the mid-semester slump!

- 1. Set Small Goals** – It can be overwhelming thinking of midterms, projects and papers coming up but remember that success is measured by the accomplishment of small goals. Make a to-do list and cross things off one by one, you'll be surprised at how quickly things get done!
- 2. Organize Your Time** – Organization is key for staying on top of things so set some time to plan out the week ahead in order to stay on track and avoid getting overwhelmed.
- 3. Find Inspiration** – It can be easy to lose perspective and get bogged down in all the assignments due but remember that all of your hard work will pay off in the end! In the meantime, get inspired by reading daily affirmations, exploring new places, and trying new things! Find something that speaks to you to help steer you toward success.
- 4. Surround Yourself with Support** – As humans, we are incredibly social and rely on support from other humans. Trying to focus more on your schoolwork? Find a study group! Looking to become more active? Join an exercise class! Finding friends and family that support your goals can make a huge difference in staying motivated.
- 5. Believe in Yourself** – Remember that there is a light at the end of the tunnel and hard work does pay off! Achieving success is all about having the right attitude. If you believe in yourself then others will too!

JOIN THE COMMUTER AMBASSADOR PROGRAM



Visit the commuter tab on the Student Life Office's website to apply. Applications are due March 17. For more information, email studentlife@buffalostate.edu.

Are you looking to learn more about leadership? Are you looking to be inspired by leaders right here at Buff State? If so, our leadership conferences are for you! Join us at either our *Be Bold: Women's Leadership Conference on 3/31* or *Be Limitless: Men's Leadership Conference on 4/7*. Contact Student Life at studentlife@buffalostate.edu for more information!



Pictured: Felicia at the Dessert Bar on 2/13/17.

Get to know the Commuter Ambassadors! Featuring: Samantha Katus



Sam is a Forensics Chemistry major who is also minoring in Psychology. In addition to being a CA, she is also an Orientation Leader, President of Alpha Sigma Tau Sorority, Chief Justice for Inter-Greek Association, VP of the Chemistry Club, NIA Mentor, Student Booster Club Member and a Teaching Assistant!

This Month's Commuter Tip:

Sick of those salt stains on your car floor mats? For an easy DIY fix, fill a spray bottle with a solution of 1/2 warm water and 1/2 white vinegar. Spray on the stain and press a clean, dry towel over the stain to absorb it to the top. Repeat as necessary until the stain is gone!

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