

Mindful Moments

Horry Georgetown Technical College

Counseling Services

January 2025

Hello students, staff, and faculty! Welcome to Mindful Moments, a monthly newsletter from HGTC Counseling Services that provides you with information on upcoming events, news, and helpful coping skills and mindfulness exercises you can incorporate into your day to day to increase your mindfulness and overall well-being! Continue to join us here monthly to be up to date on HGTC and community mental health events while learning some new mindfulness tips!


Happy New Year!

Welcome back HGTC Gators! It is a new year and a new semester, and we hope the break allowed you all to reflect on all of your hard work you put forth to accomplish 2024 goals while thinking about all you hope to accomplish in 2025. Good luck acclimating to your new schedules, classes, and routines! Please feel free to reach out to counseling@hgtc.edu anytime throughout the semester if you find yourself needing extra support.



New Year, New Resolutions

The new year can bring about new challenges and new opportunities. This is the perfect time to set new goals, and we have a few tips for setting new goals in this new year and new semester. When thinking about your goals, please keep in mind **SMART** goals. These are **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-bound. Setting goals in this manner allows for you to track progress, clarify your ideas, and use your time more productively. Our "Mindful Moment" centers around **SMART** goals and further explains how to set these goals to ensure you are successful! As always, if you need support setting these goals, please reach out to counseling@hgtc.edu



this year I will

Virtual Counseling through BetterMynd

BetterMynd is an online mental health platform that partners with colleges and universities to provide students with access to mental health counseling services. At Horry-Georgetown Technical College (HGTC), BetterMynd offers students a free, convenient, and confidential way to receive support from licensed mental health counselors, along with a variety of mental health and well-being workshops! BetterMynd offers both a variety of counselors you can choose from and flexibility to schedule sessions outside of the colleges regular operating hours (evenings and weekends). By integrating BetterMynd into its student services, HGTC demonstrates its commitment to supporting the mental health and well-being of its students. This partnership ensures that students have the resources they need to succeed both academically and personally!



Please email counseling@hgtc.edu to sign up!



Mindful Moments?

SMART GOALS



S

Specific

Be specific about what you want to achieve

Ask yourself questions about your goals following the five W's - Who, What, When, Where, and Why



M

Measurable

Make sure that you can measure your success

You'll be able to track your progress by answering questions like how will you know when your goal is complete?



A

Achievable

Ensure your goal is realistic and achievable - don't set yourself a goal that's too easy or too difficult to complete

Look at your current situation and make sure you have what you need to achieve



R

Relevant

Set yourself a goal that's relevant to you

Is your goal worthwhile to you?
Are you the right person to achieve it?
Is your goal applicable to your current situation, or is it unrealistic?



T

Time-bound

Assign a start and end date to your goal to encourage yourself to reach it with a deadline

Think about what you can do today, tomorrow, months from now to achieve your goal

