

## Seven 2015 new year's resolutions for students

Written by Miriam Mannak

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*It is the time for new year's resolutions. Have you made yours? Why not dedicate them to your studies? We have compiled seven new years resolutions for students.*

- 1) No more skipping – Whenever you fail to hand in an assignment or have the urge to skip a lecture, remember that your education costs you / your parents / bursary agencies tens of thousands of rands per year and that scores of South Africans would love to take your university spot.
  
- 2) Get some sleep – Having a late night once in a while is not a train smash. We all know that. However, getting enough sleep regularly enhances how [you feel](#) mentally and physically, and ultimately your study performance and grades.
  
- 3) Eat healthy – Your body and mind [give you in return for what you put in](#) so opt for fresh fruit instead of a candy bar, keep fast food to a minimum, drink plenty water instead of fizzy drinks and/or alcohol, and stay clear of processed foods.
  
- 4) Get a job – Complaining about cash flow? Why not get a part time job instead! Check Gumtre e, Careerjet, and the classifieds in your local newspaper.
  
- 5) Plan ahead – Studying require planning, so map out your year ahead, mark your exam dates in red, and draw up a study plan of action. For tips, click [here](#)

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6) Give back – By volunteering your skills, you contribute to a better society whilst obtaining critical skills and practical working experience that will enhance your [chances of finding a job](#)

. Lack of experience is one of the most common reasons why graduates struggle to find suitable employment.

7) Get an online portfolio – It is more than likely that potential employers will Google you, regardless of whether you are applying for a student job or a more permanent position.

Ensure your CV is updated, set up a

[LinkedIn](#)

account, and optimise your website

(preferably with your own domain name). If you can't be googled, you don't exist – simple as that. Also remember that what you say on social media can (and often will) be used against you.

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