

1-2018

## The Scoop, Vol. 4 Issue 10, January 2018

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# The Scoop

Reporting The Latest From Your Health Sciences Library



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## SAVE THE DATE

1/11: **BYOL Lunch & Learn Series:**  
SMART Goal Setting  
12pm - 1pm  
Room 211

1/15: **Martin Luther King, Jr. Day**  
REMINDER- the library will not be  
staffed

1/30: **UCF COM Book Club Meeting**  
Join us for a discussion on  
"The War That Saved My Life!"  
12pm - 1pm  
Room 210E

## LIBRARY RESOURCE OF THE MONTH



### Epocrates!



- Includes over 3,300+ brand and generic prescription drugs

- Prescribing information

- Pill pictures and pill identifier

- 600+ alternative medicines

- Drug-herbal interaction tool

- Web version available from the library's Online Databases webpage

- Mobile version available for your iPad and smartphone

## Crush your goals in the New Year!

It's January and many of us are thinking about setting (and hopefully keeping) goals for the new year. Here are 5 tips to help you set and stick to your New Year's goals for 2018.

### 1. Make your Goals SMART.

Be sure that your goals are Specific, Measurable, Attainable, Realistic, and Time-Sensitive

### 2. Set a Worthwhile Goal.

The whole purpose of setting goals is to inspire us to change for the better. Your goals should motivate you to want to achieve them so make sure they are inspirational and transformative.

### 3. Go Public.

Sharing your goals with others may help you stick with them. Knowing that your partner, family member, colleague, or study buddy is going to ask you how you're coming along might just be the motivation you need to keep on track. Try posting something about your goal on Facebook or other social media outlets. You might get connected to others with the same goals in mind.

### 4. Prioritize.

Many of us have multiple aspirations in the new year, but there is only so much time and energy to invest in reaching your goals. Limit yourself to 1-3 major goals and prioritize what is most important for you to achieve.

### 5. Evaluate.

Regularly evaluating your progress is key to staying on track. You may realize that you set an unrealistic timeline for yourself. Fear not: just regroup and then set a reminder to reevaluate in a few weeks' time.

## APP OF THE MONTH

## ORGANIZE THOSE RESOLUTIONS!



**ANY.DO** is a free, award-winning task app, available for Android, iPhone, Chrome, Mac, and Web. With it, you can create and organize lists to help you stay on top of your tasks and projects.

You can also sync your lists across all of your devices, share and delegate your to-do's with your friends, family, or coworkers, break big projects into subtasks, upload files, and set reminders.

## ANY.DO

AVAILABLE FOR **FREE** IN ITUNES AND IN THE GOOGLE PLAY STORE

**INFORMATION.** Anywhere, Anytime, on Any Device

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