

Wellness Weekly

Farro & Tomato Salad with Crispy Capers

UPCOMING EVENTS:

NOVEMBER 12TH
MINDFULNESS
12:15-12:30
M206

NOVEMBER 13TH
POP PILATES
12:15 PM
RIVERSIDE 1
ROOM 205B

NOVEMBER 30TH
POP PILATES
5:00 PM
M210

DECEMBER 6TH
WINTER
EXTRAVAGANZA
1:00-5:00
PUPPIES & PIZZA
5:00-7:00 PM
VTC CAFÉ

JANURY 1ST
FITNESS
CHALLENGE
BEGINS!

Ingredients:

- 1 1/2 cup farro
- 4 Tbsp cooking oil
- 3 Tbsp small capers, patted dry
- 2 cups fresh flat-leaf parsley
- 3 Tbsp sherry vinegar
- Kosher salt & black pepper
- 1 1/2 lb mixed grape & cherry tomatoes

Directions:

1. Cook farro according to the package.
2. Meanwhile, heat 1 Tbsp cooking oil in a medium skillet over medium-high heat. Add capers and cook until crisp (1-2 minutes).
3. Transfer capers to a paper towel-lined plate. Cook parsley in the same skillet, in two batches, until crisp. Transfer to the plate with the capers.
4. Whisk together the vinegar and 2 Tbsp cooking oil in a bowl. Season with salt and pepper. Add the tomatoes and farro and toss to combine.
5. Top with the crispy capers and parsley before serving.



Wellness Weekly Challenge

2018 Drumstick Dash

I Go the
EXTRA MILE
for the Homeless



It's that time of year again!

Join the

13th Annual

Roanoke Drumstick Dash

Proceeds support the Rescue Mission.

November 22nd

Race starts at 9:00 AM

[For more info check out this link.](#)

On-Going VTC Wellness Activities

Pop Pilates

November 13th
12:15 PM
TBMH 205B
November 27th
5:00 PM
Student Commons



Wellness Google Group

Need Wellness Event Reminders!?

Join:

vtcsom-wellness-g@vt.edu

Walking

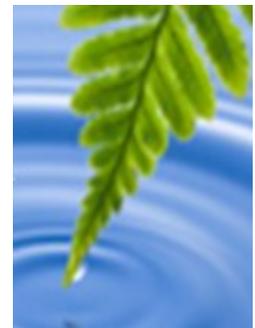
Wednesdays

Every Wednesday at
noon—group meets at
the base of the
Riverside 2 steps.



Mindfulness

November 12th, and
December 3rd
12:15-12:30
in M206
with Laurie Seidel



As Instagram memes like to remind us, “you have the same amount of hours in a day as Beyoncé.” It’s easy to assume that Beyoncé and other highly successful people have super skills and expensive resources. Luckily, studies have repeatedly shown that highly successful people are masters of time management and *their methods are feasible for the rest of us*. So read on to master time management like Queen Bey.

1. You Build a Foundation for Productivity Methodologies

When training for a marathon, you start with establishing your baseline and setting performance goals – how far/fast can you run? Which muscles need strengthening? What’s your ideal race time? Once these are identified, you develop a training plan to help you achieve your goals on race day.

The same goes for time management. If you don’t know how you’re really spending (and wasting) your time, then you can’t effectively develop a plan to improve your habits and time management. Likewise, you have to hone in on your priorities in order to decide which changes will have the biggest impact – what activities do you want to get done and which goals matter most?

Logging your time allows you to make changes that actually apply to your real life versus just what you think you need to do.

2. You Realize You Over- or Underestimate Time Spent on Certain Things

In Laura Vanderkam’s book, “168 Hours: You Have More Time than You Think,” she explains that we’re prone to over- or underestimating tasks based on socially desirable perceptions or current emotions. Identifying the psychological factors influencing your time management is key towards effectively changing your habits for the better.

Vanderkam notes that few of us love routine tasks such as emptying the dishwasher or paying bills. These items don’t take long to complete, but since they don’t give us great excitement or joy, we feel that they eat into our precious time.

When estimating time needed to complete tasks we don’t enjoy, we’re prone to over-inflating how long it will take and, as a result, we may get discouraged and procrastinate or give up before we even get started.

We’re also susceptible to misjudging time needed for bigger projects that require higher cognitive focus or will be completed over a period of time. This is partly due to being overly confident in our abilities, including sustained motivation. For example, it’s difficult to estimate exactly how much time will be needed for a bigger project or studying for Step 1. In those situations, we’re prone to underestimating the time needed, then panicking when the deadline gets closer.

When you first compile a project outline or study plan, you may feel confident you can easily get it done as planned, creating a false sense of security. Then, as the days and weeks go by, your motivation wanes and you procrastinate because “you have plenty of time.”

Time tracking will increase your conscientiousness and help you self-correct. You’ll start to identify how long you actually spend on tasks, enabling you to plan more effectively. You’ll also grow more aware of procrastination triggers, lost motivation, and other psychological factors impacting your time management.

3. It Keeps You Immediately Accountable

As soon as you start tracking your time, you’ll find yourself becoming more accountable to your wasted time. Writing down an hour spent browsing the web forces you to acknowledge it happened. Then, the next time you start to surf, you’ll be more conscious of the minutes ticking by.

As you get in the habit of time tracking, at the end of the day, you’ll want to see a log filled with productive activities — even if productive means reading a novel or going for a run. When you waste time and log it, you’ll be inspired to do better the next day so that there’s no lost hours on your timesheet. In this case, practice will bring you closer and closer to perfect.

By Carrie Knopf, Office of Student Affairs

With time management and prioritization, it's possible to get more sleep, exercise regularly, enjoy hobbies, go to class, and get your work done. Most people find the very act of time tracking becomes a huge motivator to be more productive, so why not give it a shot?

Time Tracking Methods

TIME OF DAY METHOD: When tracking by time of day, you write down your activities for a set chunk of time, say 15 minute intervals. At first you may find it helpful to use a timer (use your cell phone) to remind you to stay on track. Every time the alarm goes off, quickly jot down what you've been doing.

TASK TIMING METHOD: As you go about your day, jot down the time as you start and finish each task. Tasks include everything from routine chores to studying, don't forget to include the small stuff.

Time Tracking Tips

HONESTY If you aren't honest about how your time is spent, why bother? Fudging your time log will only prevent you from reaching your goals.

CONSISTENCY To get a true sense of how your hours are spent, experts recommend at least two weeks of time-tracking. If two weeks isn't possible or your schedule is irregular, do the best you can.

METICULOUSNESS For time-tracking to be effective, you need to be detailed. Don't think in hours, but in minutes and frequency. Mundane tasks and routine chores should be included.

HABITUAL If time tracking boosts your productivity, you may decide to make it a regular habit. Or you may elect return to it whenever you want to make changes, your schedules or priorities change, etc.

DON'T MULTITASK We're all guilty of it, but multitasking is horrible for productivity. Not only does it increase mistakes, it also increases the amount of time you take to complete a task.



Tools & Resources

DIGITAL

RescueTime is a program that works in the background of your computer to track how much time you're spending on various websites and web-connected apps.

Toggl is a basic web-app timer. Its robust tagging and categorizing features make it popular for goal-setting of all kinds, from fitness to general productivity.

ANALOGUE

Moleskine Notebooks: are popular if you want to log your time in classic style [us.moleskine.com/en/](https://www.moleskine.com/en/)

168 Hours Timesheet: Laura Vanderkam's handy timesheet template is available for free at her website [lauravanderkam.com](https://www.lauravanderkam.com)

BOOKS

The Productivity Project: Accomplishing More by Managing Your Time, Attention, and Energy

By: Chris Bailey

168 Hours: You Have More Time Than You Think By:
Laura Vanderkam

Fitness Challenge Returning Soon....

Start Getting Your Team Ready!!!

January 1st

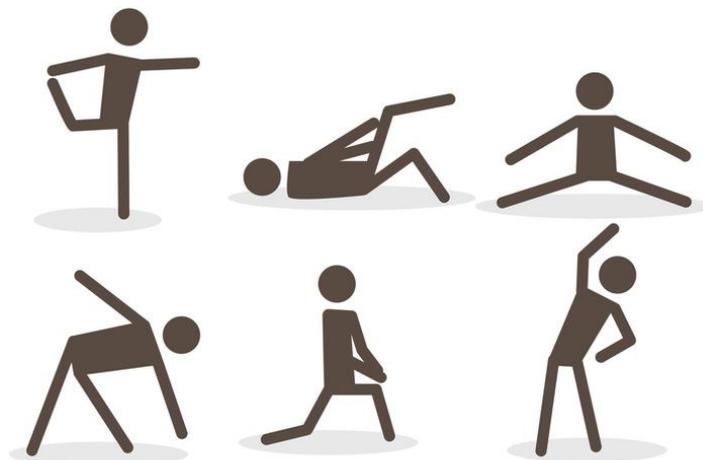
the Fitness Challenge will be kicking off!

Just like last year,

the Fitness Challenge will end with Match Day, March 15th!

Details so Far:

- ◆ Teams can include: faculty, staff and/or students (any combination).
- ◆ Teams will be limited to no more than 4 people.
- ◆ Each team needs to choose a team name & a team captain.
- ◆ WAC will be tinkering with the points system a bit (more to come on that topic in December).
 - ◆ But one new feature: points will be due by NOON on Friday each week, no points submitted after the Friday NOON deadline can be included in the official tally.
 - ◆ This year, Elvir Berbic will be helping collect and tally points.
- ◆ Participants will receive a FREE T-shirt (design currently under construction).
- ◆ The team with the most accumulated points at the end of the Fitness Challenge will receive a sweatshirt (and the opportunity to help in the design of the sweatshirt).



Designed by Vecteezy

**PLEASE FEEL WELCOME TO SUBMIT ARTICLES OR IDEAS TO ANY
MEMBER OF THE WELLNESS ADVOCACY COMMITTEE.**

LINDSAY MAGUIRE - CLASS OF 2019

JEFF HENRY - CLASS OF 2020

AYESHA KAR - CLASS OF 2021

ROBYN GOODRICH - CLASS OF 2022

DR. JENNIFER SLUSHER, PHD, LPC

DR. ALLISON BOWERSOCK, PHD, CSCS, ACSM-EIM

LAURIE SEIDEL, MSN, RN

EMILY M. HOLT FOERST, COMMITTEE CHAIR

QUOTE OF THE WEEK:

**“Our potential is one thing.
What we do with it is quite another.”**
- Angela Duckworth,
Grit: The Power of Passion and Perseverance

IF YOU WOULD LIKE TO CONTRIBUTE TO OR COMMENT ABOUT THE WELLNESS WEEKLY,
PLEASE EMAIL [EMILY HOLT FOERST](mailto:EMILY.HOLT.FOERST@VTCSOM), OFFICE OF STUDENT AFFAIRS VTCSOM.

**TO SEND A “WEEKLY SHOUT OUT” MESSAGE,
EMAIL EMILY HOLT FOERST AT EMILY_10@VT.EDU**