

--- The Express ---

University of Arkansas Transit and Parking

November 2018 – <https://parking.uark.edu> – <https://talktandp.uark.edu>

Focus on goals to meet with success

Being successful in college requires an ability to focus on those things that matter the most. Here are some thoughts that will help you meet with more academic success:

Clean your environment. If there is clutter on your desk, in your car, in your residence hall room, or in your apartment, guess what? It actually contributes to clutter in your thinking. And a cluttered mind cannot possibly function at full capacity. If you keep your environment organized and free of distractions, you can focus much better on your academic pursuits.

Stay focused. Diversions are everywhere and on almost any given day, there are other things that you may want to do. But remaining on track is a sacrifice that is required on the road to success.

Be disciplined. Use a list or map out what must be done on your calendar. If you are struggling every day to just keep your head above water, then something needs to change. It is better if you control your world instead of having your world control you.

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NEW ONLINE EFFORT

Transit and Parking's Talk T&P

<https://www.talktandp.uark.edu>

On Oct. 24, the University of Arkansas Transit and Parking Department went live with its new Word Press site called **Talk T&P**. It includes features, articles of general interest, and helpful information, and is located at **talktandp.uark.edu**.

On the website it says, "Talk T&P exists to encourage the worthwhile pursuits of students and employees at the University of Arkansas. It is about providing in-depth information, making positive connections, sharing valuable insights, and celebrating success. Transit and Parking is here to help everyone get to where they need to be on campus. But even more important, it is made up of people who gladly support others in the University of Arkansas experience."

QUOTE TO REMEMBER:

"If you don't finish your education, you will end up working for someone who did."

Paul Harvey, radio broadcaster



**UNIVERSITY OF
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We're not just helping you get to class; we're helping you get to graduation...