

30-Day Challenge: Extra Credit Activity

Happy New Year!

1. Think about the new year ahead of you. *What is important to you? What are your goals? Where do you want to be twelve months from now?* Take some time to think about this and write down at least two goals – one personal and one academic – for 2016.
2. Watch [Matt Cutts' TED Talk "Try Something New for 30 Days."](#)
3. Brainstorm a list of specific habits that you could "try for 30 days" to get you closer to your ultimate goals for 2016. (Think: attainable & measurable)
4. Pick ONE thing to try for 30 days and complete the following to earn 10 points extra credit in the third nine weeks:
 - a. **Submit a 250-word "contract" by Wednesday, January 6th.**
 - i. Clearly state what you are going to attempt to do for 30 days. Be SPECIFIC. Make sure your goal is measurable and attainable. Think through the logistics of this challenge and write out your plan. (Example: "I will write every day" vs. "I will write in my journal for 10 minutes every day.")
 - ii. Why are you trying this? How does this one thing relate to your larger goal(s) for 2016?
 - iii. How will you prove that you have completed this challenge at the end of the 30 days? (Example: "I will bring in my journal with 30 distinct entries.") Depending on your specific challenge, you may have to think creatively for this. Regardless, you must be able to document its completion somehow.

No contracts will be accepted after January 6th. If you don't submit then, you cannot participate.
 - b. **Complete your 30-day challenge and document as you go.**
 - c. **Turn in "proof" of your successful completion of the 30-day challenge + a 500 word reflection on February 8/9, 2016:**
 - i. What was this experience like for you?
 - ii. What was the hardest part?
 - iii. What surprised you about the activity? What did you learn from completing the challenge?
 - iv. How did these 30 days get you closer to your larger goals?
 - v. Will you try this again?