

# NEW YEAR, NEW BEGINNINGS, NEW RESOLUTIONS

# 2023

## HAPPY NEW YEAR

We wish you a very Happy New Year and welcome back to Casa College. We hope that you all enjoyed the holidays and we are looking forward to a very happy and healthy year, working together. January is always about fresh beginnings and positive change. We love the promise of the New Year and all the possibilities that it offers for our students here at Casa College and the potential for great achievement that each New Year holds for their future.

## 10 NEW YEAR'S RESOLUTIONS TO TRY FOR 2023

- Do one new thing a month
- Do one good deed per day
- Do your bit for the environment
- Be kind to yourself and others
- Give one compliment a day
- Drink more water
- Start a new hobby
- Buy less plastic
- Improve your nutrition
- Increase your physical activity
- Read more

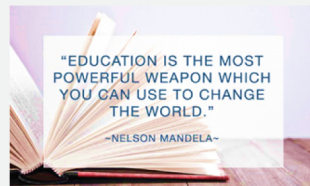
### DID YOU KNOW THAT...

People who write down their goals are 42 percent more likely to achieve them?

**Whatever Your Goals Are, Write Them Down. Whatever you want in 2023, commit it to paper.**

## INTERNATIONAL DAY OF EDUCATION January 24<sup>th</sup>

Education is a human right, a public good and a public responsibility. Education is essential for many reasons. It provides knowledge and it helps people better themselves and understand the world around them. Sadly, however, millions of children and adolescents don't have access to education or don't have the opportunity to complete their education.



The fifth International Day of Education will be celebrated on 24 January 2023 under the theme "to invest people, prioritize education". Building on the global momentum generated by the UN Transforming Education Summit in September 2022, this year's Day will call maintaining strong political mobilization around education. Education must be prioritized to accelerate progress towards all the Sustainable Development Goals against the backdrop of a global recession, growing inequalities and the climate crisis.

## UPCOMING EVENTS

<b>6</b> JAN	<b>Epiphany</b> Public Holiday
<b>13</b> JAN	<b>Last Day of Classes</b> Casa College Campus A & B
<b>16-20</b> JAN	<b>Final Exams' Period</b> Casa College Campus A & B
<b>30-3</b> JAN-FEB	<b>Retake Exams' Period</b> Casa College Campus A & B

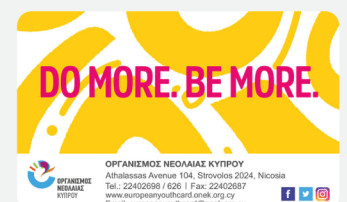
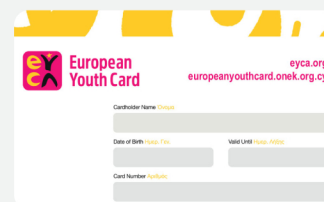
## CASA COLLEGE FINAL EXAMS

Finals' week can be a very stressful time for many students, and it is very important to keep calm by developing good habits and implementing the right learning strategies in the upcoming days to avoid hiccups and finish the semester on a positive note. Remember that in order to participate in the Summer Industrial work placement you need to pass your modules.

### Useful Tips on preparing for Exams

1. Make a schedule
2. Eat healthy
3. Don't Procrastinate
4. Get your sleep on
5. Attend review sessions

## DIGITAL EUROPEAN YOUTH CARD CYPRUS



Now all the European Youth Cards Cyprus are digital and you do not need to carry a physical card. Create your account in 5 easy steps & enjoy its benefits. Visit the IT office at Jean Moreas Campus (Monday - Friday | 8:30 - 16:30) for further information!

On Sunday, the 18<sup>th</sup> of December, the Sunday students (BA in Hotel Administration), hosted a Christmas Party at the Zena Palace Campus. Food and drinks were made and offered to the guests, showcasing their cooking and servicing skills.



  
Your dreams  
Our aim