

**Committed to Optimizing Residential Experiences Globally**

*Re* *z* *F* *u* *n*<sup>2</sup>

Fresh Start 2026:  
Getting Refocused for  
the New Year!

Spring Bounce Backs



**Create Magic with Holiday Themes!**



# **CONTENTS**

## **JANUARY 2026**

### **PAGE 4,9,15**

#### **JANUARY MONTH LONG THEMES**

Daily Themes & Fun Days to Celebrate

---

### **PAGE 6**

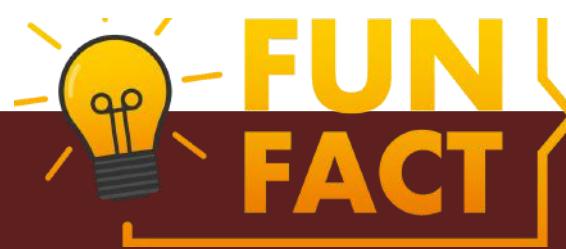
#### **A FRESH START: GETTING ORGANIZED & REFOCUSED FOR THE NEW YEAR!**

---

### **PAGE 11**

#### **HOW TO BOUNCE BACK AFTER A DISAPPOINTING FALL SEMESTER**

# January Month Long Themes



## Get Organized

**Fundamental Origins:** The need for organization began as a survival mechanism, allowing early humans to structure activities to secure food, clothing, and shelter.

- Financial Wellness Month
- Get Organized Month
- Brain Teaser Month
- International Creativity Month
- National Blood Donor Month
- National Eye Care Month
- National Hobby Month
- National Oatmeal Month
- National Skating Month
- National Staying Healthy Month
- National Thank You Month
- Self-Love Month

# January Holidays & Observances

## Budget Friendly & Easy Events Themes



SUBSCRIBE

Check out these days and use your Imagination to Create Fun

## Daily Themes & Fun Ways to Celebrate



### January 1 Ring a Bell Day

Invite friends over for a reflective evening where everyone can discuss the past year, what they've learned, and what they look forward to. Create a cozy atmosphere with lights, music, and snacks. Provide small bells for each guest to ring as they share their thoughts, symbolizing the transition from past experiences to future aspirations.

# Daily Themes & Fun Ways to Celebrate



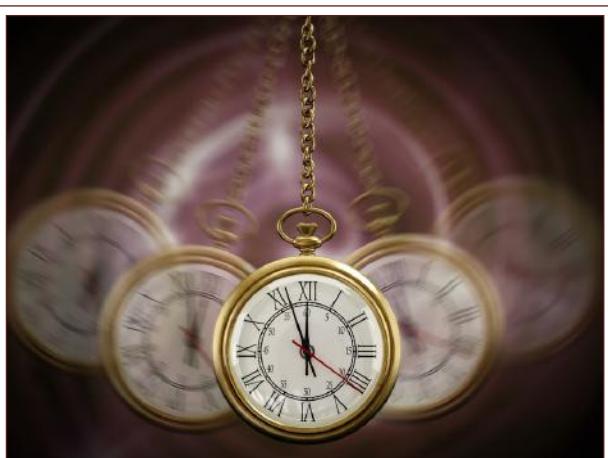
## January 2 World Introvert Day

Take time to engage in activities that you enjoy doing alone. Whether it's painting, writing, playing an instrument, or simply taking a long walk in nature, these solo pursuits can be incredibly fulfilling and reenergizing.



## January 3 Festival of Sleep Day

For young adults, getting adequate rest is essential for maintaining mental clarity, emotional well-being, and physical health. Invite a few friends over for a relaxing sleepover. Here are some activities to consider - a pajama party or movie marathon, and prepare sleep-friendly snacks.



## January 4 World Hypnotism Day

Organize a gathering with friends and incorporate hypnotism-themed activities. You could watch movies featuring hypnosis, such as "Get Out" and discuss the portrayal of hypnotism in popular culture. Invite a skilled hypnotist for a live demonstration to add an interactive element to the party.



## January 5 National Screenwriters Day

Gather a group of friends and host a screenplay reading party. Choose a script from a movie you all love and assign roles. Reading aloud can be a fun way to experience a movie from a different perspective and appreciate the dialogue and structure crafted by the screenwriter.

# FRESH START 2026: GETTING REFOCUSED FOR THE NEW YEAR!

The start of a new year and a new semester offers a powerful opportunity for a reset. After the excitement and relaxation of the holidays, returning to academics can feel overwhelming—but it's also the perfect opportunity to refocus, get organized, and build habits that set the tone for long-term success.

## REFOCUSING AFTER THE HOLIDAYS



The holiday break often disrupts routines. Late nights, flexible schedules, and time away from coursework can make the transition back to academic life challenging. Start by easing back into a structured schedule. Reset your sleep pattern, designate specific study times, and gradually reintroduce academic tasks. Even small steps—like reviewing syllabi or organizing your class materials—can help shift your mindset from break mode to learning mode.

## GETTING ORGANIZED FOR THE NEW SEMESTER

Organization is the foundation of a successful semester. Begin by gathering all course information in one place: syllabi, assignment deadlines, exam dates, and office hours. Use a planner or digital calendar to map out key dates for the entire semester. This big-picture view helps prevent last-minute stress and allows you to balance academics with social activities, work, and self-care.

Next, organize your physical and digital spaces. Clean out backpacks, folders, and laptops, and create a clear system for notes and files. A clutter-free environment can improve focus and make studying more efficient.

## PLANNING FOR THE NEW YEAR

The new year is an ideal time to set realistic academic and personal goals. Focus on progress rather than perfection. Identify what you want to improve—time management, study habits, class participation, or grades—and break those goals into actionable steps. For example, committing to attending office hours once a month or forming a study group can make a meaningful difference.

It's also important to plan beyond academics. Build a balanced routine that includes rest, exercise, and campus involvement. A healthy balance supports both academic performance and overall well-being.

## BUILDING HABITS THAT LAST

1. Pair with Existing Routines: Identify a current habit you already do consistently, like having breakfast or brushing your teeth, and attach a new study habit to it. For example, review flashcards while enjoying your morning coffee.





2. Start Small and Build: Begin with a manageable task, such as reading one page of your textbook after dinner. Gradually increase this as it becomes a natural part of your routine.
3. Use Triggers: Create triggers that remind you to perform your new habit. This could be setting an alarm or placing your study materials in a visible spot as a cue to start studying.

Deepening relationships with instructors can also significantly enhance your academic experience:

- Attend Office Hours: Make a habit of visiting your instructors during office hours not just when you need help, but also to discuss class topics, seek feedback, or express interest in the subject.
- Participate Actively in Class: Engage during lectures by asking thoughtful questions and contributing to discussions, which shows your instructors that you are invested in your learning.

## **EMBRACING THE NEW YEAR RESET**

The new year and semester represent a fresh chapter. Build on your already existing good habits. By refocusing after the holidays, getting organized, and planning with intention, you can approach the semester with confidence and clarity.

# Daily Themes & Fun Ways to Celebrate



## January 6 National Technology Day

Forming or joining tech clubs can foster a sense of community among friends with similar interests. These groups can organize regular meetups, discussions, and collaborative projects, creating an inclusive environment for learning and growth.



## January 7 Old Rock Day

Express your creativity by creating rock art. Paint or decorate rocks with vibrant colors and patterns. You can even write inspirational messages on them and place them in public spaces for others to find and enjoy. Rock art allows you to combine artistic expression with nature appreciation.

**Tell us about your fun  
Campus Events! And we'll  
feature you on our monthly  
journal!**



**Send your Photos  
Here!!!**



## January 8 Career Coach Day

Personalized attention can make a significant difference in a student's career planning. Many institutions offer one-on-one coaching sessions where students can discuss their career aspirations, strengths, and areas of improvement. Coaches can help identify potential career paths and set achievable goals.

# Daily Themes & Fun Ways to Celebrate



## January 9 Choreographers Day

Gather your friends for a choreography challenge. Choose a piece of music and create a short dance routine. Share your performances with each other and provide feedback. This can be a fun and supportive way to explore choreography and express your creativity.



## January 10 Peculiar People Day

Host a "Peculiar Talent" Show: gather friends and family for a fun talent show where everyone has a chance to showcase their unique skills. Whether it's juggling, beatboxing, or creating art in unconventional ways, this is a chance to shine.



## January 11 World Sketchnote Day

Gather friends or classmates for a sketchnote session. Choose a topic, watch a video, or listen to a podcast together, and then sketchnote your interpretations. Share and discuss your creations afterward to see different perspectives and styles.



## January 12 National Kettlebell Day

Organize a friendly competition among your friends to see who can complete the most kettlebell swings in a minute or hold a kettlebell plank the longest. This not only adds a fun element to the day but also encourages everyone to push their limits and improve their fitness levels.

# SPRING BOUNCE BACKS

A disappointing fall semester can feel heavy. Maybe your grades weren't what you hoped for, your motivation slipped, or the transition into college life felt harder than expected. Whatever the reason, it's important to remember one thing: one semester does not define your academic ability, your intelligence, or your future. What matters most is how you respond next.

Here's how to recover, refocus, and bounce back stronger after a tough fall.

## 1. ACKNOWLEDGE THE DISAPPOINTMENT—WITHOUT DWELLING ON IT

It's okay to feel frustrated, embarrassed, or discouraged about your grades. Ignoring those feelings doesn't make them disappear. Take time to reflect honestly on what happened, but avoid turning disappointment into self-blame. A difficult semester is feedback, not a failure.





Ask yourself:

- What surprised me about this semester?
- Where did I struggle most—time management, study habits, motivation, or balance?
- What worked, even a little?

Reflection is powerful when it leads to growth, not guilt.

## 2. SEPARATE YOUR WORTH FROM YOUR GRADES

Grades measure performance during a specific moment in time—not your potential. Many successful students and professionals have had rough semesters, especially during their first year or after major life changes. Struggling academically does not mean you don't belong or can't succeed. It simply means you're still learning how to succeed in this environment.

## 3. IDENTIFY WHAT YOU CAN CHANGE

Instead of focusing on what went wrong, focus on what you can do differently moving forward. Small, practical adjustments often lead to big improvements.

Consider:

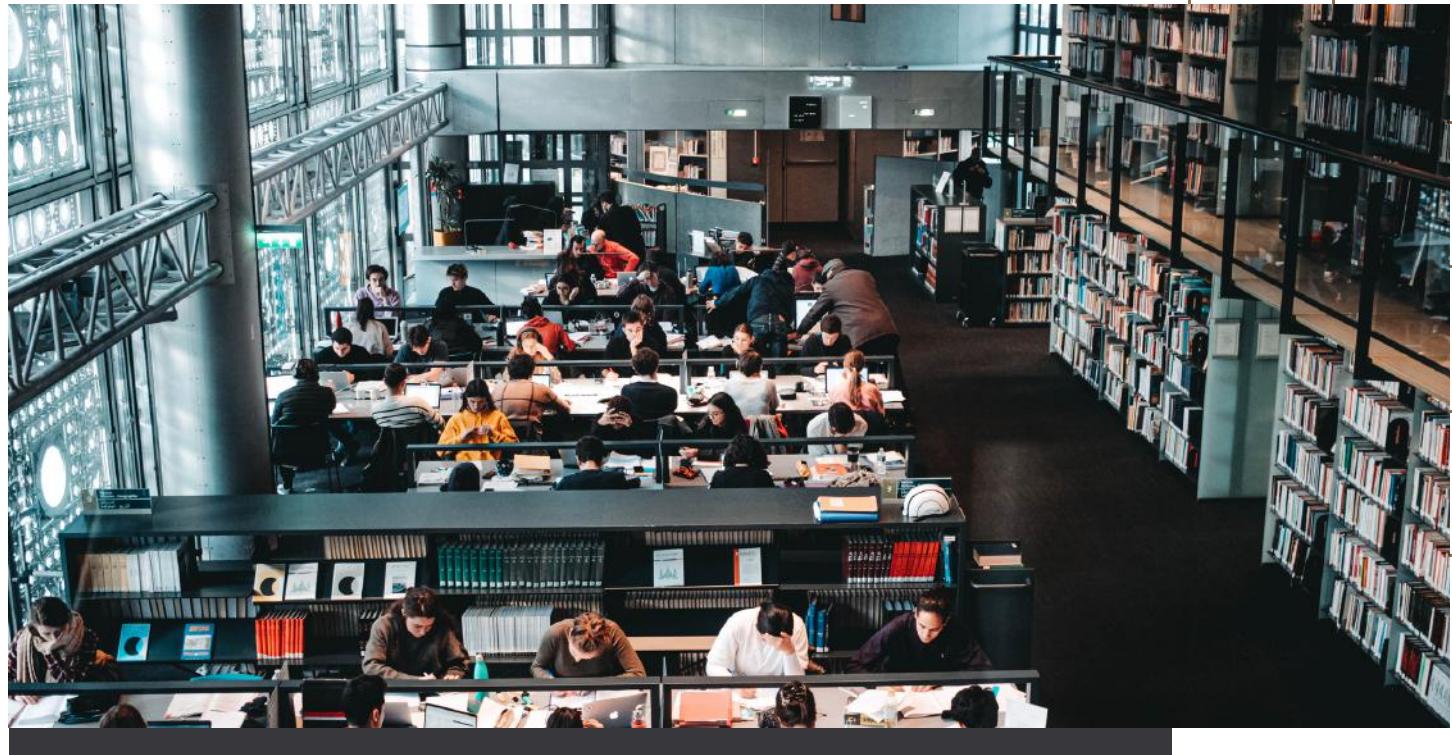
- Study strategies: Did you rely too much on cramming? Would active studying (practice problems, teaching the material, spaced review) work better?
- Time management: Were deadlines overwhelming? Would a weekly schedule or planner help?
- Support systems: Did you ask for help when you needed it?

Progress comes from adjustments, not perfection.

## 4. USE CAMPUS RESOURCES EARLY

If your fall grades were disappointing, you're not alone—and you're not expected to figure everything out by yourself. Academic advisors, tutoring centers, writing labs, and professors' office hours exist for a reason. Reaching out early in the semester can prevent small issues from becoming big ones.

Asking for help isn't a sign of weakness—it's a smart strategy.



## 5. SET FRESH, REALISTIC GOALS FOR SPRING

A new semester is a reset. Instead of aiming for dramatic change overnight, set clear and achievable goals:

- Attend every class
- Start assignments earlier
- Study consistently each week
- Check in with professors or advisors regularly

Momentum builds when goals are realistic and measurable.

## 6. REBUILD CONFIDENCE THROUGH ACTION

Confidence doesn't come from wishing things were different—it comes from doing things differently. Each completed assignment, study session, or improved quiz score is proof that growth is happening. Focus on progress, not perfection.

## 7. REMEMBER: ONE SEMESTER IS NOT THE WHOLE STORY

A disappointing fall semester can feel like a setback, but it can also be a turning point. Many students look back on their hardest semester as the moment they learned how to study effectively, manage their time, and advocate for themselves. You still have time. You still have options. And you still have the ability to succeed.

### FINAL THOUGHT

If your fall grades weren't what you wanted, don't let that define the rest of your college journey. Learn from it, reset your approach, and move forward with intention. A stronger semester—and a stronger version of you—can start right now.



# Looking for Residential Life Advisory? Visit our Website to Learn More!

[www.oraclerealestategroup.com](http://www.oraclerealestategroup.com)



## Daily Themes & Fun Ways to Celebrate



### January 13 Public Radio Broadcasting Day

Invite friends to listen to a public radio program together. Discuss the content and share perspectives on what you've learned. If possible, visit a local public radio station. Many stations offer tours and events that provide insight into the world of radio broadcasting.



### January 14 Organize Your Home Day

Host a dorm swap party: invite friends and encourage them to bring items they no longer need or want. Then, swap items: exchange clothes, books, or decor with others to refresh your space without spending money. Share tips: discuss organization strategies and share tips for maintaining a tidy dorm.



### January 15 National Hat Day

Set up a photo booth with props and backdrops to capture memorable moments. Guests can take turns posing with their hats, and you can share the photos on social media with the hashtag #NationalHatDay

# Daily Themes & Fun Ways to Celebrate



## January 16 National Nothing Day

National nothing day is to do nothing, here are some creative ways to embrace this unique holiday: digital detox - taking a break from social media, mindful relaxation - meditation, yoga, or simply lying on your bed and letting your thoughts drift.



## January 17 Cable Car Day

Look out for local events or festivals celebrating Cable Car Day. These events might include special rides, exhibitions, or themed parties. Attending such events can be a fantastic way to meet new people, enjoy festivities, and deepen your appreciation for this mode of transport.



## January 18 National Thesaurus Day

Make National Thesaurus Day entertaining with playing a game with your peers where participants must guess a word based on synonyms provided by another player. It's a fun way to learn new words and test your vocabulary knowledge.



## January 19 National Popcorn Day

Gather your roommates for a popcorn party in the common room or a cozy dorm setting. Offer a range of popcorn flavors, from classic butter and sea salt to more adventurous options like caramel, cheddar cheese, or spicy sriracha. Pair your popcorn party with a themed movie marathon.

# Daily Themes & Fun Ways to Celebrate



## January 20 Camcorder Day

Invite your friends over for a DIY film festival. Dust off an old camcorder or use your cell phone to create short films or mini-documentaries. Reenact a favorite movie scene, or create a music video, the possibilities are endless. Screen your creations on a TV or projector for a cinematic experience.



## January 21 International Sweatpants Day

Turn your living room into a runway and showcase the versatility of sweatpants. You can have fun mixing and matching different tops, accessories, and shoes to create stylish or quirky outfits. Don't forget to take photos and share them on social media using the hashtag #InternationalSweatpantsDay.



## January 22 National Polka Dot Day

Gather your friends for a polka dot-themed party. Decorate your space with polka dot banners, balloons, and tableware to set the mood. Encourage guests to dress in their best polka dot attire and offer prizes for the most creative outfits.

# Housing Professionals forward to your Resident and Community Assistants



# Daily Themes & Fun Ways to Celebrate

## JOIN OUR TEAM OF CONSULTANTS!

Are you an experienced leadership professional in the areas of facilities, dining, campus life or student engagement programming?

[APPLY NOW](#)

[info@oraclerealestategroup.com](mailto:info@oraclerealestategroup.com)



### January 23 National Handwriting Day

Attend a calligraphy workshop or find online tutorials to learn the art of beautiful writing. Calligraphy not only improves your handwriting but also serves as a meditative practice that can enhance creativity and patience.



### January 24 Belly Laugh Day

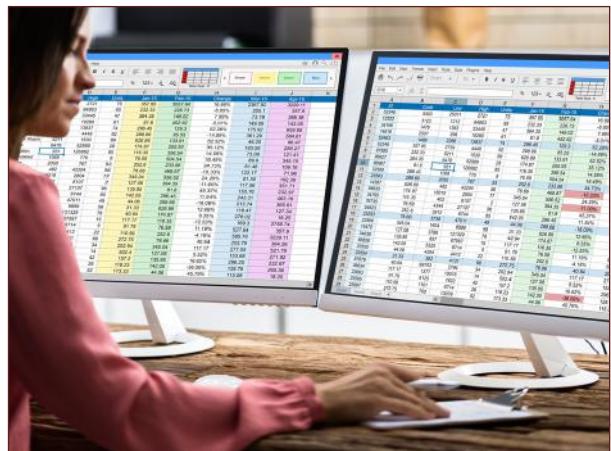
Organize a stand-up comedy night. Whether it's live at a local comedy club or virtually with friends, enjoy a variety of comedic styles. You could also try your hand at stand-up by sharing some of your own jokes.



### January 25 Opposite Day

Opposite Day is built on the idea of doing everything in reverse or the opposite of what you would normally do. Wear your clothes inside out or backward. Swap clothes with a friend and embrace each other's style, or dress in a way that is the complete opposite of your usual fashion.

# Daily Themes & Fun Ways to Celebrate



## January 26 Lotus 1-2-3 Day

Host a friendly competition where participants use modern spreadsheet software to solve complex puzzles or create visually appealing data presentations. Encourage creativity and problem-solving skills while paying tribute to Lotus 1-2-3's legacy.

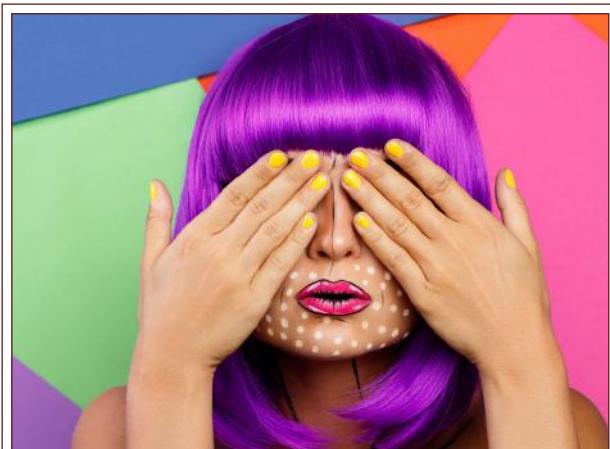
# Ready to take your Student Engagement Programming to the next level?

[CONTACT US](#)



## January 27 National Geographic Day

Watch a National Geographic documentary on a topic that interests you and your friends, such as wildlife conservation, space exploration, or ancient civilizations. Read articles to gain deeper insights into global issues and discoveries.



## January 28 Pop Art Day

Invite friends to participate in a Pop Art-themed gallery night. Each person can present their own Pop Art creations. Decorate the space, use vibrant, colorful decorations to set the mood. Play music from the 1960s and 70s to capture the era's essence.

# Daily Themes & Fun Ways to Celebrate



## January 29 National Puzzle Day

If you're part of a community or study group, consider organizing a puzzle exchange. Each person can bring a puzzle they've already completed and swap it for a new one. This is a great way to explore different types of puzzles without the cost of buying new ones.



## January 30 National Escape Day

Use a VR headset to explore different worlds or experiences. Whether it's a virtual tour of an ancient city or an adrenaline-pumping game, VR can be a thrilling escape. Host a themed movie marathon with friends. Choose films that transport you to different places or times, offering a temporary escape from reality.



Is a Focus Group  
or Survey Right  
For You?



## January 31 Gorilla Suit Day

Invite friends over for a gorilla-themed gathering. Blast your favorite tunes and see who can bust the best moves in their gorilla suit. Have a friendly competition to see who can eat bananas the fastest—safely, of course!