

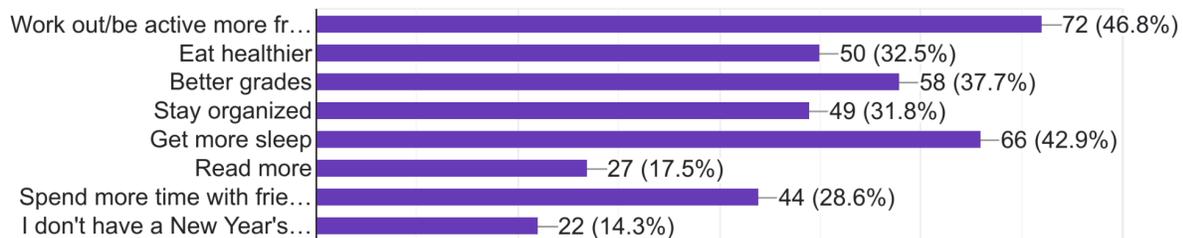
# News Year's Resolutions

By: Emma Herzog

New Year's is a fresh start for many. Resolutions are a way for people to set a goal for themselves coming into the new year that they want to try to stick to for the whole year. The chart below shows a diverse population of freshmen, sophomores, juniors, and seniors in the student body at Oak Hills High School. Nearly half (46.8%) of the 154 respondents said that their New Year's Resolution was to workout/be active more frequently. Similarly, 42.9% said their resolution is to get more sleep.

What is your New Year's resolution?

154 responses



Though people at Oak Hills have a lot of the same New Year's goals, there were still some specific things that people had to look forward to in 2023. One senior said, "I am hoping to get into college! UC's decision are released on January 23rd." A junior said they are looking forward to "a greater chance of becoming successful in the career I want to pursue." A sophomore said, "the summer since I'm going to Europe." Finally, a freshman said, "Trying out for the school soccer team." 2023 definitely holds exciting events for some as they get older and many graduate!

Resolutions are one of the best things about the new year, but sticking with them can prove to be harder than one may have expected. A resolution similar to working out everyday becomes a mind over matter scenario, and a lot of the time the mind wins. An article titled "7 tips to keep your New Year's resolution" by [health.ucdavis.edu](http://health.ucdavis.edu) found that one way to stick to your resolution is by not taking on too much. "Start small. Avoid setting an overly high expectation of yourself."

It is important to set a resolution that you actually want for yourself. It is situations like these where putting yourself first matters because when doing a resolution just to please people, it usually does not turn out in your favor. *New York Times* looked at three main reasons why a resolution may fail. One of these was, "It's a resolution created based on what someone else (or society) is telling you to change." It is important to not set a goal for yourself that is not meaningful to you. Try not to let outside pressures from friends, parents, siblings, teachers, etc. get too much into your head. Trying to force something that is not a passion or is not natural does more harm than good and does not help anyone. With all this being said, have a great 2023!

