

Mindful Moments

Horry Georgetown Technical College

Counseling Services January 2026

Welcome to Mindful Moments—a monthly newsletter from HGTC Counseling Services. This newsletter will keep you informed about upcoming events, important news, and helpful mental health tips.

Each issue will include easy-to-use coping skills and mindfulness exercises that you can add to your daily routine. These tools are designed to support your well-being and help you stay present throughout the day.

Be sure to check in with us each month to stay updated on mental health events at HGTC and in the community—and to discover new ways to care for your mind and body.

New Year, New Semester!

Welcome back to campus, Gators! As a new year and semester begin, we're excited to see our community come alive again—with new goals, familiar faces, and plenty of possibilities. As you jump back into classes, activities, and routines, remember that your mental health matters just as much as your academic success. It's okay to move at your own pace, ask for help, and take breaks when you need them. Whether this semester feels energizing, overwhelming, or a mix of both, you're not alone—support, resources, and people who care are all around you. Here's to a semester grounded in growth, balance, and taking care of ourselves and each other.



A stack of colorful sticky notes sits on a weathered, teal-painted wooden surface. The top sticky note is orange and has "Welcome Back!" handwritten in bold black ink, with an underline beneath the word "Back." The notes underneath are various pastel colors, including pink, yellow, and green, partially visible around the edges. The overall image conveys a warm, cheerful greeting.

New Year Resolutions

New Year's Resolutions for Students



Two sticky notes on a wooden desk read "NEW YEAR" (green) and "NEW GOALS" (blue) in black handwriting. Nearby are a pen, a coffee cup, and a small potted succulent plant.

- 1. Reflect on last semester:** Take time to notice what felt overwhelming and what helped you feel grounded, supported, or successful.
- 2. Set meaningful goals:** Choose resolutions that support both your academic life and your mental health, not just productivity.
- 3. Start small and realistic:** Focus on goals you can maintain during a busy semester, like improving sleep, managing time, or asking for help when needed.
- 4. Build in flexibility:** Life on campus can change quickly—allow your goals to evolve without seeing that as failure.
- 5. Practice self-compassion:** Growth takes time, and progress is not linear. Celebrate small wins and give yourself grace along the way.

HGTC Counseling Options

Mental Health Counseling Options at HGTC:

At Horry-Georgetown Technical College (HGTC), we offer two options for mental health counseling and support: virtual counseling and in-person counseling.

Virtual Counseling with BetterMynd

We partner with a service called BetterMynd to offer online mental health counseling. BetterMynd is a secure, confidential platform that connects students with licensed mental health counselors. This service is free for HGTC students. You can choose a counselor who fits your needs and schedule appointments during the day, in the evening, or on weekends. BetterMynd also offers wellness workshops to help you learn new skills and manage stress.



Logo for BetterMynd showing a stylized blue human head with green and blue circles above it, symbolizing thoughts or ideas. The word "BetterMynd" is written below the head in white letters.

In-Person Counseling at HGTC

If you prefer to meet with someone on campus, HGTC also offers in-person counseling. Our licensed counselor, Katelynn Hine, is available to support students directly.

To learn more about Katelynn and in-person counseling services, please visit:

http://www.hgtc.edu/current_students/counseling/index.html

Please email counseling@hgtc.edu to sign up!



A smiling woman with shoulder-length brown hair and glasses poses in front of a colorful, circular patterned tapestry. She wears a teal shirt.



Mindful Moment

Smart Goals



How to Make SMART Goals (Step by Step)

- Specific:** Clearly define what you want to accomplish. Vague goals can feel overwhelming, while clear ones feel manageable.
- Measurable:** Decide how you'll track progress so you can recognize growth along the way.
- Achievable:** Set goals that are realistic within your schedule and energy to avoid unnecessary stress.
- Relevant:** Choose goals that support your academic priorities and your mental well-being.
- Time-bound:** Set a clear timeframe, such as by midterms or the end of the semester, to stay focused and motivated.

SMART goals help students break big intentions into doable steps—supporting progress, balance, and mental health throughout the semester.