



ISSUE 15: FALL 2012

Welcome to The Weekly Geek

This is a new e-newsletter from the Information & Instructional Technology Departments at Dakota County Technical College. Each week will have a different technology related topic. As we wrap up 2012, the fresh, clean slate of the new year offers the opportunity to make changes and create new habits. This issue offers some online tools to help with those good intentions for 2013.

Get Organized:

[Essentials of Getting Organized \(for Dummies\)](#)

Offers several free articles and ideas for getting organized and reducing clutter

Quit Smoking:

[Smoke Free](#)

Offers a step-by-step quitting guide

[Quit Plan](#)

Online resources for those that want to quit smoking

Improve Health:

[The Daily Plate](#)

An online food, activity and resources site.

[Fit Day](#)

An online food and activity tracking site.

Save Money:

[Mint](#)

A top rated and recommended budgeting and financial management site

[Smarty Pig](#)

A tool for setting and saving towards a goal

Set Goals & Make New Habits:

[43 Things](#)

43 Things is a site that helps you create your goal list and then also connect with others with similar goals for support and encouragement.

[Habit Forge](#)

It takes at least 21 days to form a habit, Habit Forge will send you a daily checkpoint to remind (or nag) you to work towards creating a new habit in your life. If you work better under peer pressure, you can also join as part of a group.