

Building Positive Intentions to Build Success

Published 11/21/2025 by **Matthew Harris**

As we get closer to the end of the semester, the Peer-to-Peer Lounge mood board sessions with Consent@Seneca offer a meaningful opportunity for all students!

The mood boards are a reminder to slow down and reconnect with what you want your next steps to look like. Creating a mood board encourages you to set intentions that bring clarity and direction without adding pressure. By choosing images and words that represent the mindset you want to carry forward, you give yourself a visual reminder to stay focused on healthy, positive thinking. This simple act of reflection supports your well-being and helps you approach the rest of your academic journey with a clearer sense of purpose.

Setting intentions also lays a strong foundation for leadership development. When you take time to understand what motivates you, you begin to strengthen essential leadership qualities such as confidence, emotional awareness, and the ability to make thoughtful decisions. These skills grow when you take ownership of your personal development, and they are highly valued in professional settings.

Mood-Board Making Drop-ins

S@Y Campus, November 24

Room: S1161

Time: 11:00 a.m. - 12:30 p.m.

Newnham Campus, November 26

Room: D2014

Time: 12:00 p.m. - 1:30 p.m.

Drop in at any time and create something meaningful. All materials are provided and Peer Leaders will be there to support you in exploring your intentions.

As a student myself, I know how overwhelming this time of the year can feel. Creating a mood board gives you a moment to slow down and remind yourself:

“I’m growing. I’m learning. I’m shaping my future with intention.”

What can your next steps be?

Whether it's a new semester, a placement, co-op, or personal milestone, these are the exact opportunities for you to align who you are with who you want to be. So join us, take a breath, and create something that reflects your journey!

Your future is something you design... one intention at a time.

Written By: Rosa Faraj Mohammadi, Student Services Ambassador

tags : student-life, wellness-blogs