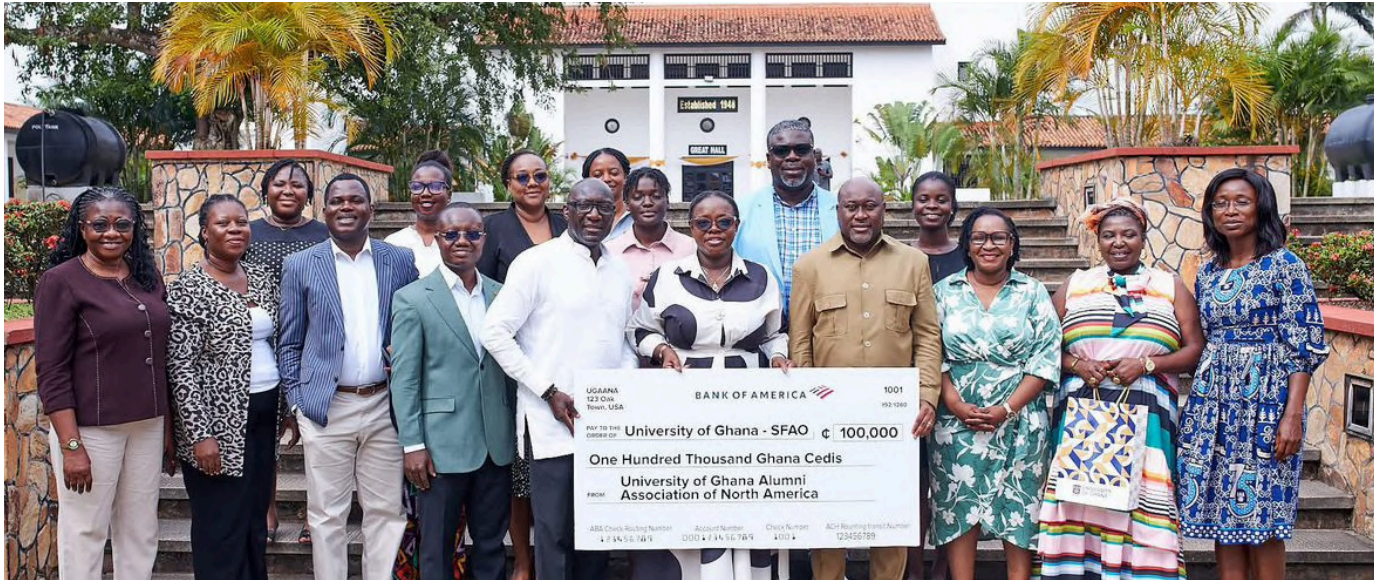


UG CONNECT

January 2026



UGAANA Donates GHS 100,000 to Support Exceptional Students from Financially Disadvantaged Backgrounds

The University of Ghana Alumni Association of North America (UGAANA) has contributed GHS 100,000 to support eight exceptional first-year students from financially disadvantaged backgrounds, reinforcing its commitment to expanding educational opportunities for high-achieving learners.

During a courtesy visit to the Vice-Chancellor, UGAANA leadership emphasised that supporting talented students facing financial barriers remains central to the Association's mission. They noted that over the years, UGAANA has steadily expanded the number of students receiving assistance, an indication of its growing dedication to student support.

The delegation also reflected on the Association's history of student-focused philanthropy. UGAANA representatives shared that their scholarship efforts, which began with a small number of students, have progressively scaled, and that there is active consideration of extending support to postgraduate students in future years.

Receiving the delegation, the Vice-Chancellor, Professor Nana Aba Appiah Amfo, expressed heartfelt appreciation to UGAANA for its consistent partnership.

In this newsletter you can expect:

Campus Updates

Opportunity Desk

Alumni Success Stories

UGAANA 3rd Biennial Reunion

UGAAL Donates Laptops to UG

2026: Making Resolutions that Last

She highlighted the Association's broader impact, including its previous support for students with disabilities and its alignment with other alumni-led initiatives aimed at enhancing the student experience. She further encouraged sustained engagement with younger alumni to strengthen long-term impact and continuity.

Professor Gordon A. Awandare, Pro Vice-Chancellor for Academic and Student Affairs, commended UGAANA as one of the University's most organised and committed alumni groups, acknowledging the Association's vital role in advancing student welfare and academic success.

Through this latest contribution, eight high-achieving first-year students from financially disadvantaged backgrounds will receive continued financial assistance throughout their studies, ensuring that financial challenges do not limit their academic progress or personal development.

At the Institutional Advancement Directorate (InAD), we remain committed to nurturing meaningful, lifelong relationships with alumni and stakeholders, empowering them to become advocates, ambassadors, and investors in the University of Ghana's mission and future.



InAD Deepens Global Alumni Engagement at UGAANA's 3rd Biennial Reunion



In September 2025, the Institutional Advancement Directorate (InAD) strengthened its global alumni relations efforts by joining the Vice-Chancellor, Prof. Nana Aba Appiah Amfo, at the 3rd Biennial Reunion of the University of Ghana Alumni Association, North America (UGAANA), held in Maryland, USA. The three-day gathering brought together alumni from across the United States and Canada to reconnect, network, and explore collaborative ways to support the University's mission.

A major highlight of the reunion was a fundraising dinner dance, during which several alumni pledged \$4,000 each over four years to support high-achieving students facing financial barriers, expanding UGAANA's long-standing scholarship programme administered through the Students' Financial Aid Office. This contribution reinforces the Association's commitment to creating equitable access to education for capable students who require financial support.

Delivering a keynote presentation on the state of the University, the Vice-Chancellor shared progress under the 2024–2029 Strategic Plan and underscored the essential role of alumni in helping students overcome financial challenges that impact their academic journey. She commended UGAANA for its consistent dedication to student support and the broader advancement of the University.

Representing InAD were Prof. Gordon Abekah-Nkrumah, Director of Institutional Advancement, and Madam Adwoa Abrokwa, Head of Alumni Development. Their participation highlighted InAD's strategic priority of cultivating strong global alumni partnerships to mobilise networks, expertise, and philanthropic support for the University's priorities.

The reunion also featured a panel discussion on "Cultivating Integrity: Ethical Education for Transformational Leadership," the adoption of a revised constitution, and updates on alumni engagement initiatives. The event concluded with a family picnic at Urbana District Park, celebrating community, shared purpose, and the enduring connection between alumni and their alma mater.

Through its active engagement at UGAANA's biennial gathering, InAD reaffirmed its mission to transform alumni into strategic partners, mobilising their goodwill, professional influence, and resources to advance student success and strengthen the University of Ghana's global visibility.

UGAAL Supports One Student, One Laptop Initiative



The University of Ghana Alumni Association, Liberia (UGAAL) has reaffirmed its commitment to student success through a donation of three brand-new laptops in support of the Vice-Chancellor's flagship One Student, One Laptop (ISIL) Initiative. The presentation took place on 14th October 2025 at the University of Ghana.

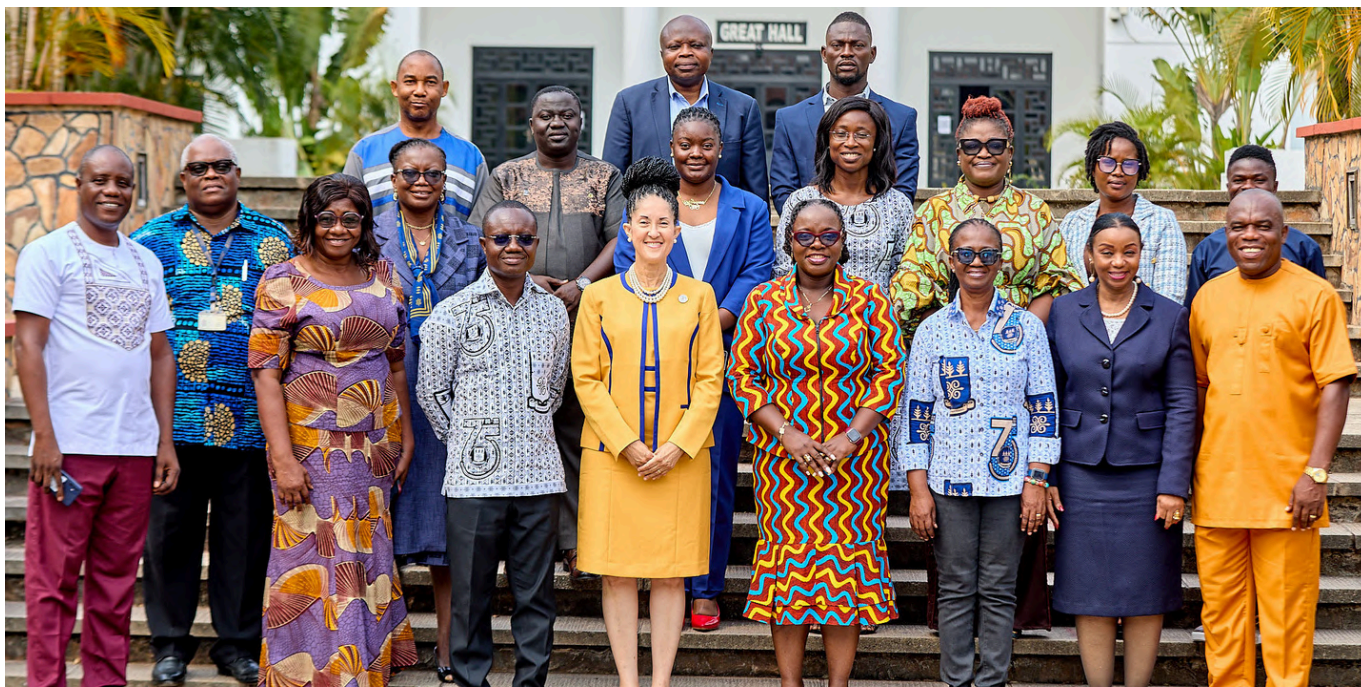
Representing UGAAL, Mr. Foley Freeman, Author and Chartered Accountant, and Dr. Allison Hughes, Head of the UG Department of Physics, made the presentation on behalf of the Association's President. Mr. Freeman highlighted that the donation fulfils a pledge made earlier and assured that more support will follow in the coming months. He commended the Vice-Chancellor's vision, noting that it continues to energise UGAAL and sustain its vibrancy in Liberia.

Receiving the laptops, the Vice-Chancellor, Professor Nana Aba Appiah Amfo, expressed profound appreciation on behalf of University Management. She celebrated the Association's dedication, describing the gesture as a demonstration of strong alumni loyalty and alignment with the University's broader aspirations. "The Alumni Association exists because of the University, and it is important that its programmes and activities align with the vision and aspirations of the University," she stated.

The donation strengthens ongoing efforts to enhance digital access for UG students, providing critical tools to support equitable learning and academic excellence. InAD celebrates UGAAL for demonstrating the power of alumni engagement and encourages other alumni groups globally to join hands in advancing the University's digital transformation agenda.



UG and University of Liberia Deepen Collaboration



The University of Ghana and the University of Liberia have taken significant steps to strengthen academic cooperation, following a high-level courtesy visit on January 9, 2026, by a Liberian delegation led by Dr. Layli Maparyan, President of the University of Liberia.

The delegation was received by Vice-Chancellor Professor Nana Aba Appiah Amfo, who highlighted the crucial role of purposeful international partnerships in advancing research excellence, leadership development, and holistic academic growth. Discussions centered on key priority areas, including student exchange programmes, joint PhD supervision, faculty collaborations, and opportunities for the University of Liberia to participate in the Legon Leadership Academy. These collaborative pathways are expected to drive academic mobility, shared scholarship, and enhanced professional development for staff and students across both institutions.

Both universities also explored broader areas of cooperation, such as research partnerships, leadership development, and strengthened avenues for community engagement. Prof. Amfo underscored that deepening ties with sister institutions across Africa remains central to UG's vision of global relevance and its commitment to contributing to societal development through higher education.

Dr. Maparyan expressed appreciation for the warm reception, emphasising the shared values and aspirations that underpin the relationship between the two institutions. She noted that the emerging partnership presents unique opportunities to build academic capacity, foster leadership excellence, and boost regional collaboration in higher education.

Officials from the Institutional Advancement Directorate (InAD) were present at the meeting, including Professor Godwin Abekah-Nkrumah, Director of InAD, and Ms. Adwoa Abrokwah, Head of Alumni Development. Also in attendance was Mr. Daniel Blamoh Nah, President of the University of Ghana Alumni Association in Liberia (UGAAL), whose presence highlighted the vital role of international alumni in facilitating cross-border institutional relationships.

The engagement concluded with a reaffirmation of both institutions' commitment to formalising and operationalising mutually beneficial programmes that promote innovation, knowledge exchange, and long-term academic impact across the West African subregion.

Campus Updates



UG VC Elected Chair of the Association of Commonwealth Universities Council

The University of Ghana community is celebrating a historic milestone as Vice-Chancellor Prof. Nana ABA Appiah Amfo has been elected Chair of the Council of the Association of Commonwealth Universities (ACU) for a two-year term effective January 1, 2026. Her election was officially announced by the ACU's London head office on January 8, 2026, marking a significant moment for Ghana's higher education leadership on the global stage.

In her new role, Prof. Amfo will also serve as Chair of the Executive Committee of Council, guiding the Association's governance and strategic direction. The ACU, which connects more than 500 member institutions across the Commonwealth, plays a critical role in advancing global collaboration, equity, and impactful higher education policy.

Reflecting on her election, Prof. Amfo described the appointment as an honour and a responsibility, emphasising her commitment to strengthening collaboration and ensuring that higher education continues to advance sustainable development. [Read More](#)



UG Debate Team Wins Gold at the 2025 Universities Championships

The University of Ghana continues to shine on the continental stage, reaffirming its reputation for academic excellence, intellectual leadership, and outstanding student achievement. At the 2025 Pan-African Universities Debate Championships held in South Africa, the University of Ghana Debate Team delivered an exceptional performance, emerging as gold medal winners.

Competing against top debate teams from across Africa, our students demonstrated remarkable critical thinking, persuasive communication, and strategic teamwork. Their victory not only brought honour to the University but also reinforced UG's position as a premier institution nurturing leaders, thinkers, and change-makers.

This achievement reflects the dedication of the debate team, the expert guidance of their coaches, and the encouragement of our vibrant community of faculty, staff, and alumni. It also highlights the University's commitment to developing well-rounded students who excel both academically and socially across Africa and beyond. [Read More](#)



UG 1993 Year Group Donates 10 Brand-New Laptops to Support Digitalisation Agenda

The University of Ghana's 1993 Year Group (UG93) has demonstrated the true spirit of alumni philanthropy, donating 10 brand-new laptops to support student learning and digital inclusion.

The presentation formed part of the group's 32nd homecoming celebrations, reinforcing their long-standing dedication to giving back to the University community.

The donation directly advances the Vice-Chancellor's "One Student, One Laptop" initiative, a strategic effort to expand digital access and equip students with the tools needed to excel in an increasingly technology-driven academic environment.

Speaking on behalf of the Group, Mrs. Margaret Donkor, UG93 President, described the group as pacesetters in alumni support. She highlighted their previous contributions, including over GH¢95,000 donated to the University Hospital, and affirmed that this year's support continues their commitment to enhancing student opportunities and advancing UG's mission. [Read More](#)

Campus Updates



Rt. Hon. Bagbin Commissions 3rd Hotspot Comfort Zone at UG

The University of Ghana's drive toward a more inclusive and digitally enabled campus has received another boost with the commissioning of a third Hotspot Comfort Zone, championed by the Speaker of Parliament, Rt. Hon. Alban K. S. Bagbin.

The newly opened space, situated near the Jones-Quartey Building (JQB), offers students a welcoming, Wi-Fi-equipped environment for studying, collaboration, and refreshing moments in between lectures.

During the commissioning ceremony, Rt. Hon. Bagbin reaffirmed his commitment to supporting his alma mater, describing the new facility as more than a structural addition. He noted that the comfort zone represents "an opportunity for students to study harder, reach higher, and pursue knowledge that transforms our nation." He pledged continued support for initiatives that empower students through enhanced access to technology.

Prof Amfo, UG's Vice-Chancellor, expressed appreciation for the Speaker's sustained partnership and highlighted the facility's alignment with UG's digitalisation agenda. [Read More](#)



Wear UG Day 2025: Showcasing Pride, Professionalism, and Community Spirit

The University of Ghana community showcased unity, creativity, and institutional pride during Wear UG Day 2025, a vibrant celebration rooted in the University's core values, integrity, commitment, respect, and loyalty. Held under the theme "Living the Legacy through Professionalism and Self-Expression," this year's event encouraged participants to blend personal style with the enduring spirit of UG.

Faculty, staff, students, alumni, and friends appeared in beautifully designed outfits made from the UG@75 cloth, each ensemble reflecting both individuality and a shared sense of belonging. The celebration featured a panel discussion, an employee fashion competition, and a community photo session.

The Vice-Chancellor, Prof. Nana Aba Appiah Amfo, elegantly dressed in UG print, emphasised that Wear UG Day transcends fashion. She noted that the campaign represents professionalism, unity, and pride in the University's heritage. She encouraged the community to uphold UG's values of excellence, authenticity and innovation. [Read More](#)



UG School of Law Emerges Best in Ghana and West Africa

The University of Ghana School of Law (UGSoL) has been ranked among Africa's elite law schools, emerging as the best in Ghana and West Africa and sixth overall on the continent, in the 2026 Times Higher Education (THE) World University Rankings by Subject for Law.

Released on January 21, 2026, the rankings place the University of Ghana in the 251–300 global band, making it the only law school in Ghana to be featured in the latest THE Law subject rankings and confirming its position as a leading centre for legal education and research in the sub-region.

The 2026 Law Rankings assess excellence across core areas, including constitutional and administrative law, international law, commercial and corporate law, criminal law and justice, and legal theory and jurisprudence.

This year's assessment evaluated 425 universities from 53 countries and territories, using 18 rigorous performance indicators drawn from the THE World University Rankings 2026. and recalibrated to reflect the specific demands of legal education and research. [Read More](#)

Opportunity Desk

Open Call: Study a Master's in Europe Scholarship 2026

The Study a Master's in Europe Scholarship offers €5,000 to support international students pursuing a Master's degree in Europe starting Fall 2026.

Deadline: May 15, 2026

[Read More ...](#)

RFAs: Bridges for Enterprise Incubation Programme

The BfE Incubation Programme supports early-stage social enterprises with tailored advisory and operational strengthening to help them scale sustainably.

Deadline: April 1, 2026

[Read More ...](#)

Go Global MBA Scholarship 2026

The Scholarship provides up to \$7,000 to support international students pursuing an MBA abroad, focusing on emerging leaders with global ambitions and sustainable career goals.

Deadline: April 24, 2026

[Read More ...](#)

SANAD ElevateHer Program for Women-Led Startups

A targeted accelerator supporting women-led and gender-inclusive startups. It offers investment-readiness training, mentorship, capacity building, and access to global investor networks.

Deadline: November 26, 2026

[Read More ...](#)

Merck Foundation SONG Awards "More Than a Mother"

For African singers and musical artists to create songs addressing infertility stigma, girls' education, women empowerment, child marriage, FGM, and gender-based violence (GBV).

Deadline: September 30, 2026

[Read More ...](#)

Merck Foundation Film Awards in Africa

For African filmmakers, film students, and young creative talents to submit long or short films addressing critical social issues such as infertility stigma, girls' education, women empowerment, etc.

Deadline: September 30, 2026

[Read More ...](#)

Alumni Success Stories

At the University of Ghana, we don't just graduate students, we shape leaders, innovators, trailblazers, and change-makers. From boardrooms to classrooms, and bustling cities to underserved communities, UG alumni are making their mark across Ghana and around the globe. In this section, we shine a spotlight on some of the remarkable individuals whose journeys after Legon reflect not only personal success, but the values, resilience, and spirit that define the University of Ghana. Whether they are building businesses, influencing policy, driving social impact, or excelling in their fields, these stories remind us that the Legon legacy is alive and still unfolding. Read on and be inspired by the paths our alumni have carved, the challenges they've overcome, and the difference they continue to make. **After all, once a Legonite, always a Legonite.**



Dr Pearl Abu

Senior Lecturer & Team Lead, Maize Breeding Programme, WACCI

Dr Pearl Abu is a Senior Lecturer and the Team Lead for the Maize Breeding Programme at the West Africa Centre for Crop Improvement (WACCI). Her work focuses on developing high-yielding, nutrient-rich, and climate-resilient maize varieties that enhance food and nutrition security across West Africa, a mission that has earned her significant international recognition.

In 2025, she was named one of only two (2) inaugural recipients of the UNESCO–Equatorial Guinea Fellowship for Young Women Scientists in Africa, awarded under the newly instituted UNESCO–Equatorial Guinea Fellowship Programme for Young Women Scientists. The honour was conferred during the 9th Edition of the UNESCO–Equatorial Guinea International Prize for Research in Life Sciences in Malabo, Equatorial Guinea, and presented by H.E. Teodoro Obiang Nguema Mbasogo, President of Equatorial Guinea, together with UNESCO Director-General Khaled El Anany.

The fellowship recognises young African women who are delivering exemplary scientific research that responds to pressing continental challenges. Dr Abu's work stood out for its impact and innovation, particularly her research on the use of arbuscular mycorrhizal fungi as a biofertiliser to reduce dependence on chemical fertilisers in maize production, and her leadership in developing provitamin A- and protein-enriched maize hybrids capable of withstanding both abiotic and biotic stresses.

Her achievements reaffirm Ghana's leadership in agricultural science and highlight the significance of UG's contributions to global research in food security. Through her work, the continent is gaining sustainable solutions that support climate-smart agriculture, rural livelihoods, and nutrition improvement.

Alumni Success Stories



Dr. Antwi-Boasiako Amoah

Chair, African Group of Negotiators (AGN) on Climate Change

Nana Dr Antwi-Boasiako Amoah is one of Ghana's leading climate diplomats and policy innovators, a distinguished public servant, academic, and traditional leader whose career is marked by a profound commitment to environmental stewardship, climate resilience, and sustainable development in Africa. His extensive experience in public service and international climate diplomacy has positioned him at the forefront of Africa's advocacy on the global stage.

Currently serving as Chair of the African Group of Negotiators (AGN) on Climate Change, Dr Amoah leads Africa's engagement in global climate negotiations, representing Africa's interests in shaping fair and ambitious climate policies. Within Ghana, he is the Director in charge of Climate Vulnerability and Adaptation at the Environmental Protection Agency (EPA), where his visionary leadership has advanced national adaptation planning, policy development, and climate action.

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As a thought leader and mentor, Dr Amoah inspires students and young professionals to pursue green careers and embrace sustainable solutions. His advocacy for reduced emissions, green jobs, and participatory climate governance underscores his belief in inclusive, science-based action for Africa's future.

Beyond his professional achievements, Dr Amoah is enstooled as Dwoamin Nifahene of the Kokofu Traditional Council, reflecting his deep connection to Ghanaian tradition and community service.

He exemplifies the University of Ghana's vision of producing leaders who combine intellectual excellence, public service, and social innovation.

Alumni Success Stories



Rev. Joyce Rosalind Aryee

Chair, Africa Centre for Nature-Based Climate Action (AC4NCA)

Rev. Joyce Rosalind Aryee stands as one of Ghana's most distinguished public figures, an accomplished stateswoman, corporate leader, minister of the gospel, and champion of environmental sustainability. Her remarkable career across public service, business leadership, and faith-based work reflects a lifelong dedication to national development and societal transformation.

A former Minister of Information, Minister of Education, and Minister of Local Government, Rev. Aryee played pivotal roles in shaping public policy and strengthening national institutions. She later broke new ground as the first woman to lead the Ghana Chamber of Mines, becoming the first female chief executive of a chamber of mines in Africa and setting a high standard for ethical leadership, industry reform, and corporate governance within the extractive sector.

Her exceptional leadership has earned her numerous prestigious awards. She received Ghana's second-highest national honour, the Companion of the Order of the Volta (2006), and was named CIMG Marketing Woman of the Year (2007). She has also been honoured with an Honorary Doctor of Letters (UMaT, 2009), the GUBA Inspirational Woman Award (2015), and recognition as one of the 100 Global Inspirational Women in Mining (2016). More recently, she was awarded an Honorary Doctor of Science (UHAS, 2024) for her advocacy in sustainable mining and public health.

Rev. Aryee serves on and chairs several prestigious boards, bringing her visionary leadership especially to the Africa Centre for Nature-Based Climate Action (AC4NCA), where she is Chair. In this role, she guides initiatives that promote climate research, policy dialogue, and innovative nature-based solutions. Under her stewardship, AC4NCA has launched a strategic collaboration with the University of Ghana to expand interdisciplinary research, deepen student engagement, strengthen fundraising for climate-related projects, and establish an annual flagship lecture on climate resilience, highlighting the vital link between environmental stewardship, education, and sustainable development.

Beyond her public service and climate advocacy, Rev. Aryee is deeply devoted to mentorship and spiritual development. As Founder of Salt & Light Ministries and Executive Chairman of Harmonious Chorale, she nurtures ethical leadership, personal growth, and artistic excellence. Her influence reaches across generations, empowering young people, strengthening communities, and fostering national pride through music, faith, and social engagement.

Alumni Success Stories



COP Christian Tetteh Yohunu
Inspector General, Ghana Police Service

COP Christian Tetteh Yohunu stands as one of Ghana's most distinguished public servants, a seasoned law enforcement officer, reform-minded leader, and champion of public safety and institutional modernisation. His remarkable four-decade career in the Ghana Police Service reflects an enduring commitment to national security, professional excellence, and the transformation of policing standards in the country.

Since joining the Ghana Police Service as a Lance Corporal in 1985, COP Yohunu has steadily risen through the ranks, serving as Divisional Commander for Accra Central, Accra Regional Operations Commander, Deputy Accra Regional Commander, Director-General of the Motor Traffic and Transport Directorate (MTTD), and ultimately, Deputy Inspector General of Police in charge of Operations.

In March 2025, he was appointed Inspector General of Police (IGP) by President John Mahama, a move widely applauded across political and professional circles for its promise of strategic reform and renewed public trust.

COP Yohunu's leadership has been pivotal in shaping the operational and strategic direction of the Ghana Police Service. He is renowned for establishing the Police Intelligence Directorate (PID), spearheading actionable intelligence programs that led to the arrest of notorious criminals, and pioneering the Informant Reward System, an innovation that has significantly improved public cooperation in crime prevention. His command has driven successful operations against armed robbery, carjacking, and organised crime, earning him the State Honour, Grand Medal, for exceptional service.

His distinguished career is underpinned by a rigorous academic foundation. COP Yohunu attended Presbyterian Boys' Senior High School and Okuapemman School before earning a bachelor's degree in administration (Human Resource Management) from the University of Ghana. He holds an Executive MBA in Project Management from the University of Professional Studies, Accra (UPSA), and a Diploma in Police Administration from the Ghana Police College. His commitment to professional development is evident in his continuous pursuit of specialised training in crisis management, team leadership, and strategic communications.

COP Yohunu's legacy also includes a dedication to mentoring the next generation of officers and fostering a culture of ethical leadership within the force. His international service in United Nations peacekeeping missions in East Timor and Bosnia Herzegovina further highlights his global perspective and expertise in security operations.

Celebrate Your Legacy with a Bespoke PhD Gown from InAD



Your academic journey is a story of grit, brilliance, and achievement, and every great story deserves the perfect finishing touch. As you prepare to celebrate this milestone, the Institutional Advancement Directorate (InAD) invites you to mark the moment with a premium, tailor-made University of Ghana PhD gown crafted to honour your legacy.

Why Choose the InAD Bespoke Gown?

Our PhD gowns are created with exceptional attention to detail, blending high-quality fabric, elegant stitching, and a comfortable fit worthy of your years of scholarship. Each gown proudly bears the official University of Ghana insignia, making it not only a ceremonial robe but a timeless symbol of your intellectual journey.

When you purchase your gown from InAD, you do more than prepare for your graduation ceremony; you directly support the University of Ghana's development priorities. Proceeds from gown sales help fund key institutional initiatives that:

- Enhance the transformative student experience
- Strengthen institutional sustainability
- Advance the University's long-term strategic goals

Your milestone becomes an investment in the next generation of UG graduates.



Extend the Pride: UG-Branded Souvenirs

You can also celebrate or share your Legon spirit through our thoughtfully curated collection of branded souvenirs. Our range includes:

- Laptop bags & cases
- Tote bags
- Cosmetic bags
- Hoodies

...and several other meaningful keepsakes for yourself, family, or colleagues.

Each item is designed to help you carry a piece of Legon with you, every day, everywhere.

How to Buy

Visit us at the Institutional Advancement Directorate, located inside the Alumni Building, University of Ghana, Legon Campus.

Our team is ready to assist you with your gown fitting, souvenir selections, and all pre-order enquiries.

Pre-order Your PhD Gown Here: <https://bit.ly/phdgown-pre-orderform>

Contact Us

Institutional Advancement Directorate
Alumni Building, University of Ghana, Legon
inad@ug.edu.gh
+233 277 018 888 /+233 548 707 070



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You can also follow Radio Univers on TikTok, X, Instagram, and Facebook via @univers1057fm.

Radio Univers 105.7FM - The Voice of Legon.



Making Resolutions That Last: A Practical Guide for a Purposeful 2026



As we usher in a brand-new year, many of us feel inspired to set resolutions, intentional goals designed to shape a better version of ourselves in the months ahead. From ambitious lifestyle changes to simple daily habits, these resolutions often begin with enthusiasm. Yet by mid-January, many lose momentum.

In this feature, we explore practical, research-backed strategies for crafting resolutions that are attainable, sustainable, and truly transformative in 2026.

Start Small, Think Big

One of the most common reasons New Year's resolutions fail is the tendency to take on too much, too soon. Drastic overhauls, whether an extreme diet or a sudden surge in exercise, can overwhelm the mind and body.

A more sustainable approach is to begin with small, manageable changes that build confidence and momentum. If eating healthier is your goal, start by making modest swaps: add more vegetables to meals, reduce portion sizes, or limit fried foods. These incremental adjustments make the transition smoother and increase your chances of long-term success. (Morris & Payne, 2025).

Design Your Environment for Success

Once you've identified small changes to begin with, the next step is to ensure your environment supports them. Even the strongest willpower can falter in surroundings that work against your intentions.

If your goal is to exercise after work, keep your gym bag by the door. If you want to avoid unhealthy snacking, keep nutritious alternatives visible and accessible. Creating an environment aligned with your goals reduces friction and makes consistency easier.

Don't Do It Alone, Build Accountability

Every meaningful journey has its challenges, but having someone in your corner makes all the difference. A friend, colleague, mentor, or online community can offer encouragement, motivation, and accountability. Planning to start running? A running partner can help keep you on track, especially on days when you feel tempted to skip. Shared goals not only strengthen discipline but also make the experience more enjoyable. (Morris & Payne, 2025)

Celebrate the Small Wins

Progress deserves recognition. Celebrating mini-milestones keeps motivation alive and reinforces discipline. Choose rewards that bring joy, whether a quiet evening with a favourite book, a special meal, or a small personal treat. Each celebration reminds you that every step forward matters, no matter how small.

Replace Old Habits with Better Ones

Breaking habits is easier when you replace them with healthier alternatives. Instead of framing a resolution as a punishment ("I must stop doing this"), think of it as an opportunity to adopt something beneficial. If reducing social media time is your aim, fill that gap with activities you genuinely enjoy, such as reading, journaling, or learning a new skill. When the mind perceives change as rewarding rather than restrictive, commitment becomes far more natural (Yuko, 2025).

Use the SMART Framework

The SMART framework - Specific, Measurable, Achievable, Relevant, and Timebound- offers a structured and effective way to design resolutions that work.

- **Specific:** Clearly define what you want to achieve.
- **Measurable:** Identify indicators to track progress.
- **Achievable:** Set realistic goals that match your current capacity.
- **Relevant:** Ensure the goal connects to your personal values or needs.
- **Time-bound:** Establish a timeframe to maintain focus.

For example, instead of saying, "I want to get healthier," a SMART alternative would be: "I will walk 30 minutes, three times a week, from January to March."

As you embark on 2026, remember that meaningful change is a journey, not a sprint. By starting small, shaping your environment, leaning on others, celebrating progress, replacing unhelpful habits, and using the SMART framework, you can create resolutions that last, not just through January, but throughout the year.

Thank you for reading!

Institutional Advancement Directorate	+233 548 7070 70
https://inad.ug.edu.gh	Alumni Building, UG, Legon
