

Staying Motivated when the Sun Shines (and at other times as well)

Skills Enhancement & Tutoring Center

- Set a schedule
- Take time out
- Give yourself rewards – food, garden, bike ride, phone call, movie, shop
- Meditate
- Find balance
- Study outside!
- Study outside but stay in the shade
- Don't study outside!
- Have fun with friends
- Study alone
- Plan your time backwards on your calendar
- Take things one at a time
- Get up and study early in the morning
- If you're studying late at night, take breaks outside
- Look at the weather forecast – use grey or rainy days to get ahead
- Drink coffee
- Go to a quiet place
- Keep the end in sight
- Keep frozen drinks handy
- Pick the easiest homework and do it first
- Turn your cell phone off
- Stop checking your e-mail
- Set a schedule to check e-mail
- Study with a group for a half hour right after class, focusing on that class only

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→ *Figuring it out together* →
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