7 Ways to Stay Strong This Semester

Get Back to Basics
- Make small changes
- Start with Time Management

Find a Study Buddy
- Find accountability
- Someone with similar goals

Bust Out of Your Rut
- Change your routine
- Study in a different place, add a block of study time

Create Fun Incentives
- Develop a reward system
- Choose long-term goals over instant gratification

Spread the Word
- Tell others about your goals
- Ask others to hold you accountable

Lean on Technology
- Goal-setting apps
- Calendar & time management apps

Re-evaluate Your Goals
- Are they realistic?
- Be willing to make adjustments