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