

## 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