

GET YOUR HOMEWORK DONE

(AND STILL HAVE A LIFE)

Reading, writing, studying—all of these college activities take work. Fortunately, there are steps you can take to get that work done... and still have time left in your day!

ORGANIZE YOUR TIME

Consider creating a **to-do list**

Break your work time into reasonable
chunks



FIND THE RIGHT SETTING

Find a **quiet** area free of disturbances

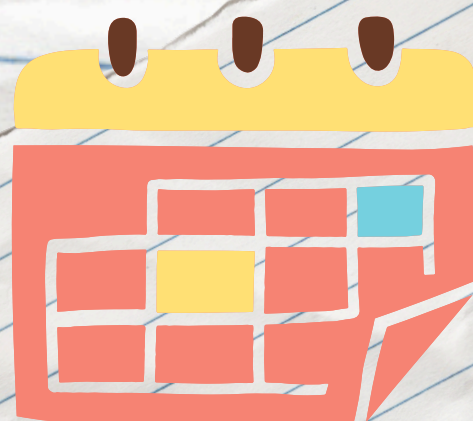
Consider visiting the **Mulva Library** or a
study lounge



PRIORITIZE

Assess...

- **When** an assignment is due
- How much **time** it will take
- How many **points** it is worth
...and plan accordingly



ELIMINATE DISTRACTIONS

Turn notifications **off**

Keep distractions **out of eyesight**
(*ex. putting your phone in a drawer*)



TAKE BRAIN BREAKS

Plan breaks at **timed intervals**

Incorporate **physical movement** into
your breaks

Humans can't grind 24/7!

