



# Stay On Track This Semester

MORNING

- 8:00** Choose a fresh start. Wash your hands well and find a nice area to eat a healthy breakfast outside if the sun is shining!
- 9:00** Academic time. Just because classes are online doesn't mean there isn't learning to be done. Set aside chunks of time to work on projects and plan for the future.
- 11:00** Get moving. Go for a walk outside or find a workout video online to help keep you energized. Breaking up the day helps you stay focused.

AFTERNOON

- 12:00** Mindful Time. Take a few minutes to write, draw or listen to music or a meditation. This will help break up the day and keep you motivated to get things done.
- 1:00** Lunch Break. Wash your hands and take time to eat a few servings of fruits or vegetables. Sugary snacks can cause a brain fog if you eat them too often.
- 2:00** Academic time. Switch up your space if you can. Try reading or tuning into a lecture while you enjoy time outside while keeping appropriate social distance.

EVENING

- 4:00** Clean up. If you've been in the same space all day, take a few minutes to tidy up, wipe down surfaces and get organized. This can help fuel learning.
- 5:00** Just keep learning, just keep learning. Make a list of the work you want to get done today and tomorrow. Checking things off as you go to helps increase motivation.
- 8:00** Find a good place to stop for the night and allow your mind time to rest. Wash up, get something to eat, take a walk-- whatever helps you relax after a busy day.
- 9:00** Call to check in with your friends and loved ones. Keeping in touch with those around you is important and helps you both feel connected and grounded.