HOW TO SURVIVE POST-SPRING BREAK BLUES

1. PLAN
Set some time aside at the beginning of the week to review and plan your schedule. Look at your syllabi for important dates and deadlines.

2. REST
Now that you've returned from spring break, make sure to get plenty of rest. Getting the proper amount of sleep can help you stay focused and alert.

3. PRIORITIZE
Prioritize your commitments between urgent and important tasks. Don't be distracted by time-wasting activities like social media, procrastinating, watching t.v. shows, etc.

4. MEDITATE
Feeling high levels of stress? Spend time meditating and de-stressing for a moment to pause and relax, especially if you're having difficulty focusing.

5. GOAL SETTING
Being motivated is important for staying on track of your assignments. Write down a list of short-term goals you would like to accomplish for the week. Once completed, be sure to reward yourself!

THE OPPORTUNITY PROJECT