

PAA TIP OF THE WEEK

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USING FALL BREAK WISELY!

Congratulations—you've made it! Midterms are over and fall break is finally here. Now's the time to get some much needed sleep and resume the Netflix shows that have been on pause for the past few weeks. While it's important to use this time to rest, relax, and recharge, fall break is also a great opportunity to catch up on work you might have put on the back-burner while studying for midterms or get ahead on assignments and readings due in the coming weeks.

If you're anything like me, during fall break, you might find yourself asking: **"what do I do with all of this time?!"** It can be difficult going from being all-in during midterms to having abundant free time over break. Structuring your break to take time for yourself while also accomplishing tasks that you intend to is more difficult than it seems! **Here are some tips to help you make the most of fall break:**

- **Write down the goals you want to accomplish over break** either before it begins or at the start of the week. Having objectives in mind before going into fall break will make it easier for you to hold yourself accountable.
- **Set aside a short period of time every day for you to do work.** Put it in your calendar and try to stick to it! Spacing out your work over the entire week will ensure that you avoid the 'stress out' that can ensue at the end of break as you realize how much you need to do. It will also allow you to get schoolwork off of your mind during your free time so you can better enjoy break.
- **Keep a consistent sleep schedule** (especially towards the end of the week). Don't let yourself come back to campus sleep deprived, it's no fun. Break the cycle while you can!
- **Do something for yourself every day!** This is your time to enjoy yourself...you deserve it.

For additional academic support, check in with your PAAs
or have a chat with Dr. Andrews

