Academic Enhancement in the Student Success Center

Tip of the week

“Nothing is a waste of time if you use the experience wisely.” – Rodin

TAKE A BREAK!

Studies suggest that taking a break from routine is necessary to be productive in your day-to-day life.

Whether you use your time off to:

◊ Travel
◊ Volunteer
◊ Spend time with friends & family
◊ Enjoy a staycation

Or use the time to get ahead a bit with:

◊ Your research or your classes
◊ Applications for scholarships, jobs, or internships
◊ Work projects

Taking some time to relax too!

WHY SHOULD I RELAX?

• Increases productivity and will allow you to be more focused.
• Prevents burnout and decreases stress.
• Taking that time to rejuvenate fosters creativity.
• Breaking your daily routine allows for new perspectives.

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