



# SEMESTER BREAK STUDY TIPS

During a semester break, you may have created a long ‘to do’ list. Your list may include connecting with family and friends, doing activities you enjoy, and catching up on sleep. You might also wish to add academics to your list. Below are suggestions for enjoying your semester break, while also keeping up with your academic responsibilities.

## **Balance your time.**

While a break from notes and books is needed, a balanced approach is suggested. Learning is most effective when the review of material is spread out. Try to find at least one-hour per day to review, research, plan, or write. Doing so can relieve stress of looming semester deadlines and preparing for final exams, papers, and projects.

## **Try the Pomodoro Method.**

If you are worried delving into academics over break ‘takes too much time’, try the Pomodoro Method. Limit your study segment to 25-minutes and use that time to focus. You will be most productive when you set a specific learning goal, keeping in mind what you can reasonably understand in that short amount of time. After 25-minutes, actively review (say or read out loud, draw a diagram, make a list, etc.). Get up and move your body to get good, oxygenated blood to your brain. After the break, come back to your material and review again, actively. Create a new goal for your focused time and see if you can notice how the ideas connect. Repeat.

## **Plan for tryptophan.**

If you are intending to enjoy a tryptophan-inducing feast over your break, plan your study time accordingly. Study time may not be as productive after meal time.

## **Get connected.**

If you find you are struggling with studying or other academic skills, contact the Counseling and Testing Center by calling or visiting our website to learn more about the many services available, such as an appointment with an Academic Specialist.