

Shawn

A Sophomore who wants to dedicate more time to studying but gets easily distracted.

Says

I want to do better this year.

Please allow me time to study.

During these hours, I will be in the library studying.

Do you want to be in a study group?

Do you have any studying advice?

I have to study now, but we can talk later

Thinks

My goodness, I want to be outside socializing.

I wish people would leave me alone.

All these phone notifications are distracting me.

I need to do great this semester to make up for the last one.

It is so difficult to stay focused.

I need to learn how to balance school and work.

I can't keep doing badly in classes because I am going to lose my scholarship.

If I stay focus, I can achieve my goal

I will feel very accomplished once my grades improve

If I stay focus for the next 3 hours, I can hang out with my friends tonight.

My friends will understand that I cannot go out tonight if I tell them I'm studying.

Does

Spend hours attempting to study.

Looks at their phone every 10 minutes.

Attend campus events during their study time.

Spends more time talking with their friends than studying.

Stop studying routine after two weeks of trying.

Take short breaks in between assignments.

Get into a study routine and improve his GPA.

Reward himself with a much needed break after he's done studying.

Feels

Distracted

Conflicted

Split

Confident he can improve

Sad

Frustrated

Up for the challenged

Hopeful

Optimistic

Optimistic

