

a student's guide to staying motivated

REMOTE EDITION



dress the part

Wake up, get ready, and dress up in the morning as you would for an in-person school day. Taking the time to look presentable helps with the mental transition from sleep to work, and can be a huge energy booster!



compartmentalize

Designate specific times and places for work and leisure, and try not to overlap. Associating a physical space with work can help eliminate mental distractions, allowing you to focus solely on the task at hand.



environments

Your environment can play a major role in your energy level. If you're able to, switch up your scenery from time to time. Declutter, organize, and decorate your work space to work for you.



small milestones

It's easy to be overwhelmed by a large, long-term goal. Chunking your assignments and focusing on achieving small milestones will move you towards your goal much faster.



pomodoro

The Pomodoro technique is a popular method to boost productivity. It involves choosing a task, working in short sprints, and taking breaks between each task. Try it out to see if it works for you!



celebrate

We all deserve to be proud of ourselves for working through a remote semester! Don't forget to celebrate your achievements, big or small. Treat yourself to some good food, go for a walk — whatever makes you happy!

