**

Tips on Taking Meaningful Study Breaks

Your mind needs time to process information!

*Taking breaks can help to improve concentration and increase productivity.*

1. **Schedule breaks ahead of time**.

Make goals for yourself such as “When I finish this section I will take a ten minute
 break.”

1. **Determine the time limit.**

Set a timer and stick with it!

1. **Plan breaks according to your personality.**

 If you are more extraverted, spend time with others. If you’re introverted, use breaks for
 solo time.

1. **Get a healthy snack.**

The brain uses enormous amounts of energy. Healthy snacking
 can help to maintain that energy supply.

1. **Get your body moving!**

 Exercise improves cognitive function so go for a walk or take ten minutes to power clean
 your room.

1. **Avoid “Cyber Loafing”.**

Instead of using social media during your breaks, schedule other times for social media &
 fun things. This is particularly important if you find it difficult to disengage from the
 internet or phone.

1. **Avoid junk food & naps.**

These things slow you down and only make you more tired and less productive.