

Helpful Tips!

STAYING FOCUSED!!!

- ◆ **Get Plenty of Rest:** it's challenging to maintain a good nights rest, but it is essential to have.
- ◆ **Consider Your Eating habits:** healthy eating is key factor to a healthy mind—remember the food you eat is key component to your energy level, motivation level, and productivity.
- ◆ **Get Organized Develop a routine:** set specific dates and times for course work and activities.
- ◆ **Break Up Your Tasks:** manage smaller achievable tasks, this will help eliminate the overwhelming feelings.
- ◆ **Find your Motivation:** set goals & reward yourself when you accomplish your tasks.



Distance Education

Going the Distance for our students!