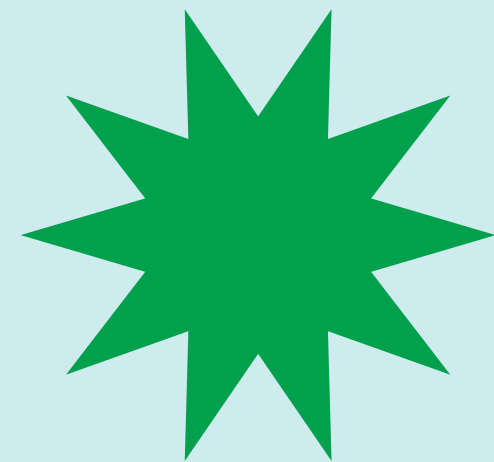


Welcome to the Start of Your Semester!

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Scroll for some tips for
keeping up with your
work and staying healthy!

Create a Routine

1



Establishing a routine gradually helps in incorporating healthier habits into daily life and maintaining consistency.

Prioritize Sleep

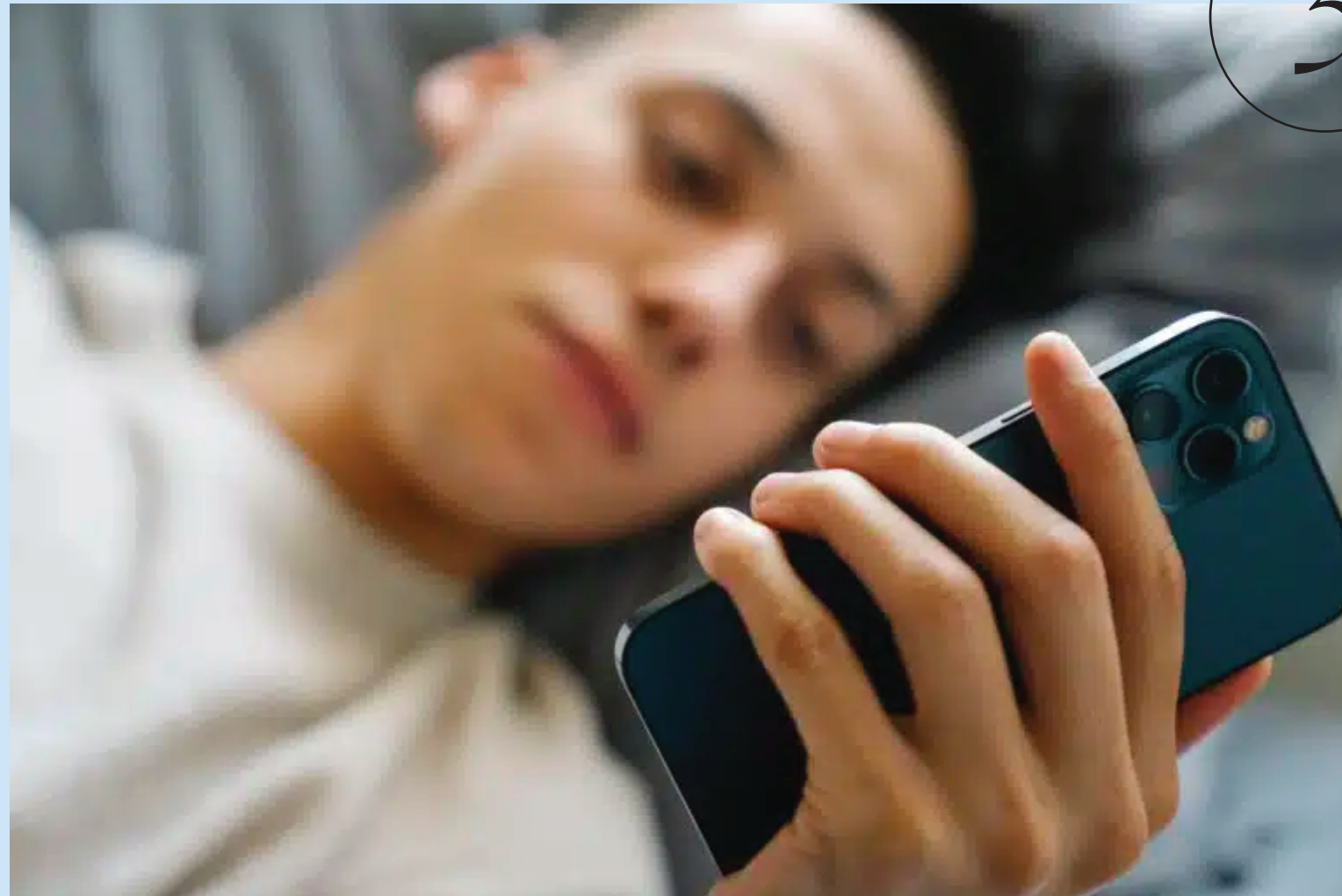
2



Consistent sleep patterns contribute to overall well-being and academic success, reducing stress and enhancing cognitive function.

Decrease Distractions

3



Minimize distractions during study sessions to enhance focus and productivity.

Schedule Short Study Sessions

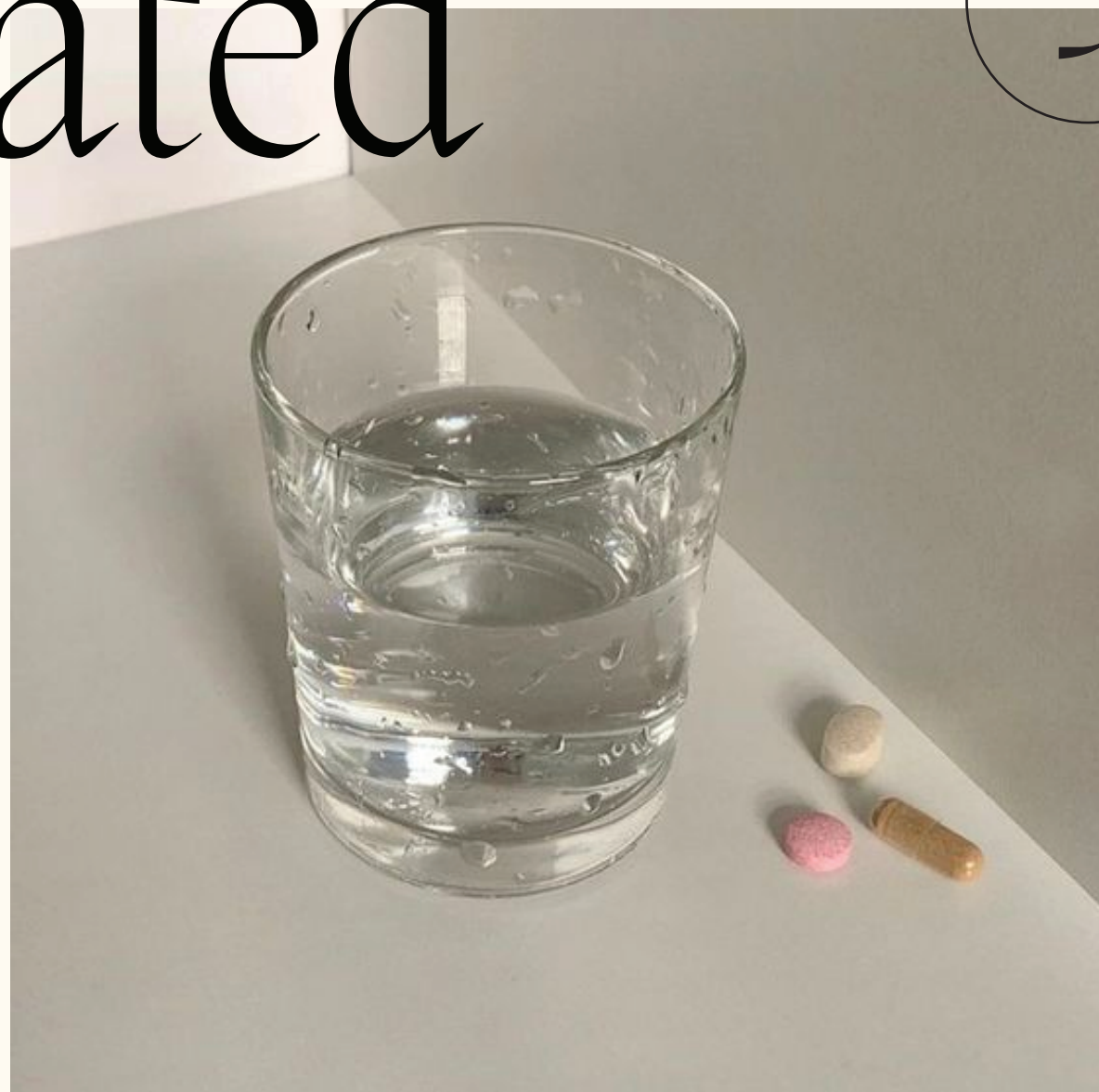
4



Break study sessions into manageable chunks to avoid burnout and maintain productivity.

Take Vitamins and Stay Hydrated

5



Ensure adequate vitamin intake and stay hydrated to support overall health.

Reframe Thinking

6



View routines as opportunities to integrate positive habits, improving well-being and relationships.

Morning Productivity

7



Start the day with productive tasks to set a positive tone and boost motivation.

Overcome Procrastination



8

If you're struggling to start homework assignments, try a 10-minute sprint approach. Break down tasks into manageable segments and dedicate focused time to each segment, gradually building momentum.