



SPRING BREAK BOUNCE BACK 2020

Presented by: Academic Success Center

OVERVIEW

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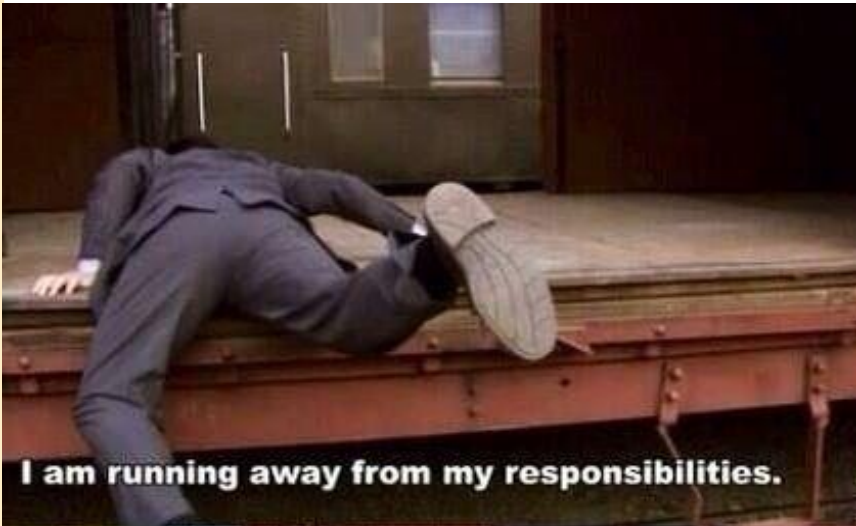


SPRING BREAK EXPERIENCE

Spring break is the time in the spring semester where stress and responsibility levels are at their lowest and relaxation levels are at their highest!

Transitioning from vacation mode to school mode can be difficult and is often termed the “**Spring Break Slump.**”





I am running away from my responsibilities.



And it feels good.


**IF YOU ARE FEELING
LIKE THIS YOU ARE
NOT ALONE!**



SPRING BREAK SLUMP

Spring Break Slump → the lack of motivation to do ANYTHING because you are still in “spring break mode.”

During the spring break slump students often have thoughts of dread like:

1. “Why are there so many weeks left in this semester?”
 2. “I really don’t want to go to class /do this paper /study for this test.”
 3. “Do I really need this degree?”
 4. “I don’t want to go to class.”
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10 STEPS TO BOUNCING BACK!



1. Get active
2. Improve your eating
3. Improve your sleep
4. Find your motivation
5. Organize calendar
6. Organize work space
7. Create a plan
8. Get back on a routine
9. Slowly reintroduce schoolwork
10. Shift your perspective
11. Reward yourself



GET ACTIVE

According to the American College of Sports Medicine, 20 minutes of vigorous cardio for 3 days or 10 minutes of moderate cardio for 5 days out of the week improves blood circulation, concentration, mood, heart functioning and immune response.

Either walking, biking, jogging, or hiking.

Getting active could be that boost you need to finish out the spring semester strong!



IMPROVE YOUR EATING

Spring break is filled with overeating and drinking, so how do we fix this?

1. HYDRATE!
2. Add more veggies and fruits to your meals
3. Cut back on the sugars and fried foods
4. Portion control
5. Don't eat late

Remember the more you fuel your body with nutrients the better you'll feel!



IMPROVE YOUR SLEEP

Sleep is a huge factor on how you function throughout the day!

Lawrence Epstein, the medical director of Sleep Health Centers in Massachusetts claims that sleep deprivation affects how students stay awake in class and how they perform.



IMPROVE YOUR SLEEP

Dr. Epstein also states...

- Sleep is essential to maintaining good health and working at peak performance.
- Functioning on 2 weeks of sleeping 6 or less hours per day is equivalent to 48 hours of no sleep.
- Research shows that students who were sleep deprived before worse on motor tasks (reaction time) and executive functioning tasks (attention, focus, working memory, and inhibition).



HOW TO IMPROVE SLEEP

1. Go to bed an hour earlier.
2. Get off electronics at least an hour before bed.
3. Read before bed.
4. Have soothing music playing.
5. Adjust temperature of room (the cooler the better!).
6. Lessen sensory stimulation



FIND YOUR MOTIVATION

Ask yourself what it is that you want to accomplish? Make the goal realistic and attainable!

Once you have your goal create an execution plan and share with your friends and/or family to keep you on track!



ORGANIZE CALENDAR

Time can be a bit hazy during spring break so sticking to deadlines can be tricky! Here's how to get back on track:

- Write out all assignments, tests, quizzes, discussion, etc. on your planner or calendar! That way you can see what the rest of your semester looks like!



ORGANIZE YOUR SPACE

“When we clear the physical clutter from our lives, we literally make way for inspiration and good, orderly direction to enter.” - Julia Cameron

Your space is a place where you find yourself doing the most productive work.

For some people this space is their room and for others it's the library.

Wherever your space is make sure that it is tidy and free from distractions!



CREATE A PLAN

As mentioned earlier in presentation creating a plan can help with motivation!

Come up with a way to accomplish the goal you want to achieve by the end of the semester.

Most important part about creating a plan, besides figuring out your goal, is knowing your weaknesses.

Knowing your weaknesses can help you optimize your plan by avoiding distractions or roadblocks.



GET BACK ON A ROUTINE

If you had a system before spring break see if you can start slowly getting back into it, and add a new factor each week.

Let's say you used to wake up early but after spring break you're having a hard time waking up early. You can start by setting your alarm half an hour earlier than you usually would. Add 30 minutes after each week until you meet your desired wake up time



SHIFT YOUR PERSPECTIVE

Reframe your dreadful thoughts into positive ones!

Instead of thinking...

- ❑ “I don't want to go to class” try thinking “I get the opportunity to go to class.”
- ❑ “I have so much work to do. I don't know how I am going to finish it all” try thinking “Yes, I do have a lot of work to do, but I am capable of getting it done.”



REWARD YOURSELF

Rewards are treats that you enjoy after you reach your goals.


Set up rewards at the end of the week for when you accomplish your goals!

Some rewards could look like...

- ☐ Facetiming with friends.
- ☐ Sleeping in.
- ☐ Watching a movie.

Be strict about rewarding yourself!

If you did not accomplish your goal push your reward back a week or modify the reward to fit what you accomplished



PREVENTING FUTURE SPRING BREAK SLUMPS

- Get ahead of the game before spring break.
- Don't completely fall off the wagon, keep a loose structure!
- Healthy balance of work and play.
- Get back into the school routine two days before returning to school.

