

STAYING MOTIVATED DURING THE SUMMER SEMESTERS

- If you are working on your thesis/ dissertation—set realistic goals for what you want to get achieved each day
- Maintain/develop interests outside of your discipline
- Eat well, sleep well, exercise as much as possible
- Take mini vacations and weekends off as often as possible to help prevent burn-out
- Remember why you are in grad school and what you hope to accomplish once you graduate
- Stay on top of assignments to allow yourself more time with friends and participating in fun activities
- Write and study outside whenever possible for a change of scenery

This & That for Graduate Success



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