We have passed the official half-way point of the fall semester, now is the time to stay focused.

One way to keep your concentration is to take breaks — but make sure they're scheduled ones. Building a 15-minute break in after prolonged studying can help your mind stay fresh and focused.

♦ Get a change of scenery by leaving the room where you have been working.

♦ Exercise is a great way to clear your head and allow the mind to absorb what you've just studied.

♦ Do some stretches, walk the dog around the block, or call a friend. Just make sure you get back to your studies when your 15 minutes are up.

♦ Remember-don't leave things until the last minute, you'll only end up working twice as hard to do half as well.

Graduate Student Success Specialist (GSSS)-Beth Evelyn Barber is available to help graduate students who may be feeling overwhelmed, need help setting realistic goals, or need help finding campus or community resources to meet their daily living needs. The GSSS can be reached at gradsuccess@etsu.edu, by phone 423-439-7062, or you can drop by during office hours or set an appointment that fits your schedule.