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

July 2019
Shawna Burrow,
Samantha Bruinius,
Mercy Dufé
Sherrod Library, 462
423-439-7062
gradsuccess@etsu.edu