**STUDENT ENGAGEMENT**

**To This Issue:**

1. **Study Breaks with Short & Funny YouTube Videos & Playlists:**
   - Season 6, Episode 5: Niagara
   - Season 5, Episode 14: Stress Relief
   - Season 5, Episode 9: Frame Toby
   - Season 4, Episode 13: Dinner Party
   - Season 3, Episode 21: Product Recall
   - Season 3, Episode 17: Business School
   - Season 2, Episode 22: Casino Night
   - Season 2, Episode 1: The Dundies

2. **Suggestions for Getting Ready for the Day:**
   - Wake up with a surge of energy, then. If you are honestly most productive at night, make sure that you get to bed by 11 pm. Also know when you are more productive and energetic, and work on those. If you have a final exam that is worth 50% of a grade and one worth 10% of your grade, you would naturally want to focus 50% of your time on the one that is worth the most. Just like you would save your best energy for the most important events in your life. You have now completed one cycle.

3. **Take a shower, brush your teeth and when you are a little more awake, get a cup of water or coffee.**

4. **Get Ready for the Day.**
   - Drink Water.
   - Exercise.
   - Moving. Follow @massbayathletics on Instagram for more.
   - Walk, try to do something that gets you moving. Whether you are a runner (good for you, but let’s take a break from the treadmill) or just go for a 20 minute walk. Getting up and moving your body! Whether it’s moving on a treadmill or walking, your body needs to get used to moving and it makes them feel more real and it helps them to check in on your progress. Saying “Hey! I know that this is going to be a particularly challenging final week.”

5. **FINISH STRONG!**
   - Every day you should be working on major assignments.
   - If you are working on a Math Assignment, focus on 2 or 3 problems.
   - If you are working on a 5 page paper over the course of 3 days, don’t try to cram it all into one night, start with just creating a timeline for each day, then break it down into smaller pieces. To help you get started, start with just creating a timeline for each day, then break it down into smaller pieces.

6. **TAKE CARE OF YOUR SELF:**
   - Know that this is going to be a particularly challenging final week. We all have our ups and downs, some days it’s going to be hard to stay on track, don’t beat yourself up if you are not on track. Set a timer for your break too.

7. **Finish the semester strong!**
   - Some students may feel like they are overloaded with work and may need to take a break to focus and survive the semester. You can take a mini vacation from your studies by anything you want to do. The important thing is that you do something that doesn’t involve school. Whether it’s going to see a movie, or going to the gym, or grabbing a snack. If you feel an urge to work out or study then. If you start to feel cloudy or foggy, grab a snack.

8. **Get Ready for the Day.**
   - Don’t take the students you despise into the sun and moon. Every day you get to choose how you want to spend your day. You have now completed one cycle.

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10. **TAKE CARE OF YOURSELF:**
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