

Motivational and Time Management Strategies

HOW TO BEAT THE BLANK PAGE

Pomodoro Method

Work for 25 minutes and take a 5-minute break! Then, repeat!

Time Block

Schedule your day in time blocks to get work done, as opposed to having a to-list. For example:

8-10am	Classes!
10-12pm	Work on Project
12pm	Eat Lunch and Relax
1:30pm	Work on Project

Set Deadlines

- **Set a deadline to have research done by**
- **Set a deadline to have an outline done by**
- **Set a deadline to have a draft done by**

Make A Routine

If you work best with structure, set a work routine up that works into your everyday schedule!

Are you mostly free in the morning? Afternoon?

Prioritize Your Time

Block out distractions: TV, Tik-Tok, Twitter, etc. Put your phone away or turn off notifications!

BUT, REMEMBER!

Rest when you are tired, eat three meals a day, and leave time to enjoy life!