Academic Enhancement

in the Student Success Center

OLD DOMINION UNIVERSITY
IDEA FUSION

Tip of the week

TAKE A BREAK!

"Nothing is a waste of time if you use the experience wisely." – Rodin

Studies suggest that taking a break from routine is necessary to be productive in your day-to-day life.

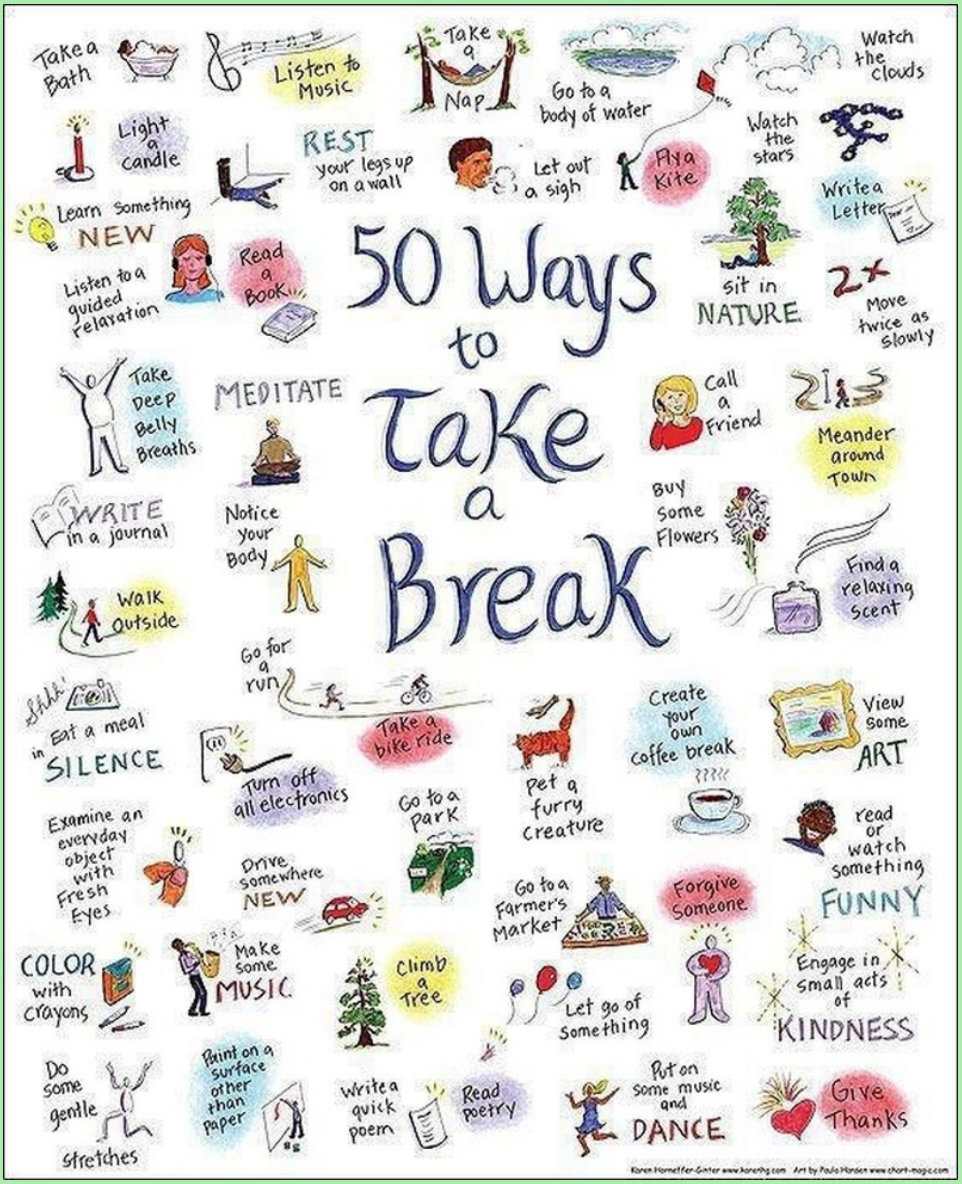
Whether you use your time *off* to:

- ◊ Travel
- ◊ Volunteer
- ◊ Spend time with friends & family
- ◊ Enjoy a staycation

Or use the time to get ahead a bit with:

- ◊ Your research or your classes
- ◊ Applications for scholarships, jobs, or internships
- ◊ Work projects

Taking some time to relax too!



WHY SHOULD I RELAX?

- Increases productivity and will allow you to be more focused.
- Prevents burnout and decreases stress.
- Taking that time to rejuvenate fosters creativity.
- Breaking your daily routine allows for new perspectives.

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