

SPRING INTO THE SEMESTER

Welcome Back!

We can't believe it's already February. Let's talk about goals for the next month ahead of us. Do you have anything you'd like to accomplish and work toward? Well first off, **you've got this! We believe that you can achieve!** Second, how are you celebrating yourself and all of your accomplishments? It can be easy to lose sight of how far we've come when times are challenging. This is your friendly reminder to give yourself some credit! Enter this semester with a "gold star" mindset... be proud of everything you cross off your to-do, no matter how "small" it may seem! Consider starting a "job well done" list alongside your to-do list to keep track of how far you've come. Take a peek back at that list when you become discouraged, unmotivated, or overwhelmed. You might get that extra boost you need to keep going!



Study Survival Skill

It's officially the Spring 2021 Semester. It's a fresh start and a chance to get organized and ready to succeed. Let's chat about the **Pomodoro Technique!**

Have you ever felt your motivation slipping away while doing work? Ever have the thought "where did all of that time go!?" Pomodoro is a time management tool that can help with:

- Staying focused without interruptions
- Setting aside time for breaks to recharge
- Finding a work/school/life balance

The steps are simple! Find a timer (if you have a smartphone, laptop, tablet, etc., you probably have an app for that!) and work in **25 minute** increments. During that time, set all distractions aside and focus on one specific task you need to accomplish. Then, take a **five minute break**. Breathe, snack, stretch, so on. Repeat this **four times**, taking a longer (20-30 minute) break after those four cycles are complete. For more info, follow the link below (there are also free online Pomodoro timers!)... or ask about our Study Buddy sessions to explore your learning style more in-depth!

Info Credit: <https://francescocirillo.com/pages/pomodoro-technique>

Want to schedule an appointment?

Call us at (607) 778-5210 or email us at counselingservices@sunybroome.edu

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