

# S.T.A.H.L. NEWS

## Students Talking About Healthy Lifestyles

Brought to you by the IUP Counseling Center

April 15, 2024

### TIME MANAGEMENT



#### PREVENT PROCRASTINATION

- Think about the next step - doing so helps in getting started.
- Limit distractions in your environment.
- Stay engaged in what you're doing - this helps to maintain motivation.
- Set reasonable goals!



**Stay motivated!** Find your own reasons for why you want to accomplish a task. Avoid reasons such as fearing failure, making your parents angry, or doing better than others. Although these reasons are powerful, they're also associated with negative feelings. Search for more positive reasons to help you keep going.



The **Pomodoro Method** is a time management method in which you study for 25 minutes with 5 minute breaks. Longer breaks come with longer periods of studying. Try a pomodoro timer app!

#### POMODORO TIMER EXAMPLES



Focus To-Do



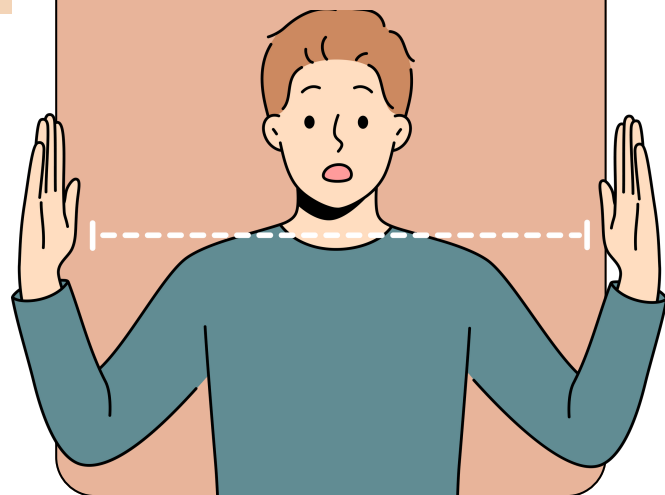
Forest



Focus Keeper

#### SET CLEAR PRIORITIES AND GOALS

- Create to-do lists
- Stay organized
- Create a schedule that works for you
- Combine tasks
- Block times in your day for important tasks
- Schedule breaks



### IUP RESOURCES

Your **IUP Navigator**--  
Send them an email!

#### IUP Academic Success Center

(724) 357-4070

- Tutoring Center
- Kathleen Jones White Writing Center

#### IUP University College

(724) 357-2375

universitycollege-  
inquiry@iup.edu

#### IUP International Education

SkillZone Tutoring  
skill-zone@iup.edu

#### IUP COUNSELING CENTER

MONDAY - FRIDAY

8AM - 4:30 PM

WALK-IN HOURS

MONDAY - FRIDAY 1-3 PM

724-357-2621

CENTER FOR HEALTH & WELL-BEING, G31  
WWW.IUP.EDU/COUNSELINGCENTER  
COUNSELING-CENTER@IUP.EDU



togetherall

New Ways to Connect! Togetherall is a safe, online community to share feelings anonymously and get support to improve mental health and wellbeing  
[www.togetherall.com](http://www.togetherall.com)

