



# Changing Distracting Habits

## #1 Cell Phone

**Avoid going down a Jackrabbit hole with one swipe to unlock everything.**

- Turn your phone on airplane mode
- Turn off ALL notifications on your phone AND computer! Create a specific time each day to check Facebook, Instagram, Snapchat, and emails. It's OK to not know when a new person likes your picture or responds to your Snapchat.
- Having a set social media time will make you more present with your friends! You'd be surprised at how much more you remember and feel excited about the conversation you're having in #REALLIFE.
- Don't check your phone first thing when you wake up or before you go to bed. This can lead to an extra hour of time wasted that could be spent sleeping.

## #2 Sleep

**Getting enough sleep can help you hop around like a Jackrabbit!**

- Go to bed and wake up at the same time every day. Even though you might have class later on some days, use that extra morning time to do homework, eat breakfast, or go to the gym.
- If your alarm isn't working, find a way to make it work! Try using a real alarm clock versus your phone, set your alarm across the room, don't press snooze, or use your roommate as accountability (especially if you have similar schedules).
- Don't check social media before you go to bed or right when you wake up! This can lead to wasted time (as much as 60 minutes) that could be spent sleeping, showering, or eating breakfast.

## #3 TV, movies, and video games

**Avoid too much relaxing time in your Jackrabbit home.**

- If you're done with class, homework, studying, and dinner by 7pm—then make 7pm-10pm your time to unwind!
- Take advantage of breaks between classes during the day to do homework WITHOUT distractions, versus watching your favorite show. That way, you're truly enjoying your time at night watching TV.

#### #4 Socializing and traveling

**If you're hopping out of town, don't use it as an excuse to get behind. Use it as an excuse to get ahead or create a plan of action!**

- If a friend asks you to hang out and you were planning to do homework, invite your friend to the library with you.
- Build socialization time into your schedule. Plan to work ahead and complete all assignments by Friday, so you can enjoy time with friends.
- If you're going home for the weekend, plan to work on items that you know you can easily sneak in when you're visiting others. Complete longer or more challenging assignments prior to your trip home.

#### #5 Long weekends, emergencies, or cancelled class

**A little Jackrabbit trip whether planned or unplanned happens every once in awhile.**

- Attend all your classes the week of Thanksgiving. You'll be in the mindset to stick to your routine, which will help you enjoy that first night back at home. Plan ahead and make time to get a few hours of homework done on Friday or Saturday to stay caught up.
- Use this same system for long weekends or emergencies. Think about the longest you can stay on campus and plan to squeeze in some study time when you know you'll have downtime while you're away.
- Class is cancelled! Work on homework for that class because it's an extra bonus to get ahead or caught up. You'd be in that class anyway, so why not do it on your own?

#### Reference

Lucier, K. L. (2019). Top 10 ways to waste time in college. *ThoughtCo*. Retrieved from: <http://www.thoughtco.com/wasting-time-in-college-793171>