

FIRST FOUR WEEKS GUIDE

WEEK THREE:

Building a Routine

ONE OF THE BEST WAYS TO GET USED TO A NEW ENVIRONMENT AND LIFESTYLE IS TO BUILD A ROUTINE OR SETTING A DAILY SCHEDULE

Here are some ideas for things to build into your schedule:

- Have a big gap between classes? Schedule "study time" for yourself and find a good spot to focus such as the library.
- Feeling gross from sitting at home all day? Find a gap of time where you can go to UREC or take a walk.
 - Look at UREC's website to sign up for Group Exercise Classes.
- Find a good time to go to sleep and wake up and keep it consistent each day. This will make it easier to get into a daily routine.
- Plan out when you want to work on big papers or assignments and spread out the time so it will not be down to the last minute.