

How will you stay focused?

by LIZ GOMES
associate photo editor

Though there are only three weeks of school left this term, many are too bogged down in homework and general stress to see the light at the end of the tunnel. It takes every last bit of energy for teachers to keep the attention of their overwhelmed students long enough to get through the final chapters of their curriculum. Long days of deadlines and tedious group projects are made worse by the beautiful weather beckoning us to come outside. Summer is so close, yet so far, and it seems impossible to finish the school year strong when most of us have already checked out.

The Print staff are no strangers to the hemorrhaging morale and vacant stares present in the final weeks of spring term, but we've mustered up enough energy to share tips that we've used and are using to push us to that finish line.

- **If you've reached your breaking point, there's no shame in taking a personal day.** Whether you choose to catch up on homework or sleep for eighteen hours straight, if you choose a day that you can make up whatever assignments you miss, go for it. The world won't crumble. Just don't make it a habit; one day is about all you can miss without potentially compromising your grade, so make it count.

- **Watch your caffeine and sugar intake.** Unnecessary jitters and

crashes only make things worse, and the quality of your work will show it. Just try to eat well and get as much sleep as you can.

- **What you absorb outside of school affects your mental state.** If you're reading a depressing book, watching shows that piss you off, or hanging out with negative people, it sticks with you. Take a break from what troubles you until the summer, and try to surround yourself with positive things.

- **De-clutter your life.** If your purse, car, room, desk, etc. are messy, they can actually cause anxiety and distraction. Take a moment to toss out all the Taco Bell receipts and soda bottles and straighten up.

- **Watch the things you eat.**

Some of us are so burnt out that we often rely on terrible food choices to get us through the day. Put down the bag of chips and pick up a salad. Eating healthier for you often makes you feel 10 times better than you did before. The empty calories also stack up, meaning an extra couple pounds to add onto the burnt out stress.

- **Take a couple hours to enjoy the nice weather.** A run, walk, dance or anything that gets your heart beating will often help distract from your bad feelings and boost your endorphins. Your feel good hormones.

- **Find a good venting system.** Write a letter you'll never send, or a Facebook post you'll never hit the 'post' button on. Keeping

negative emotions all bottled up helps neither you nor the people around you who are subject to a lash out of negative emotions.

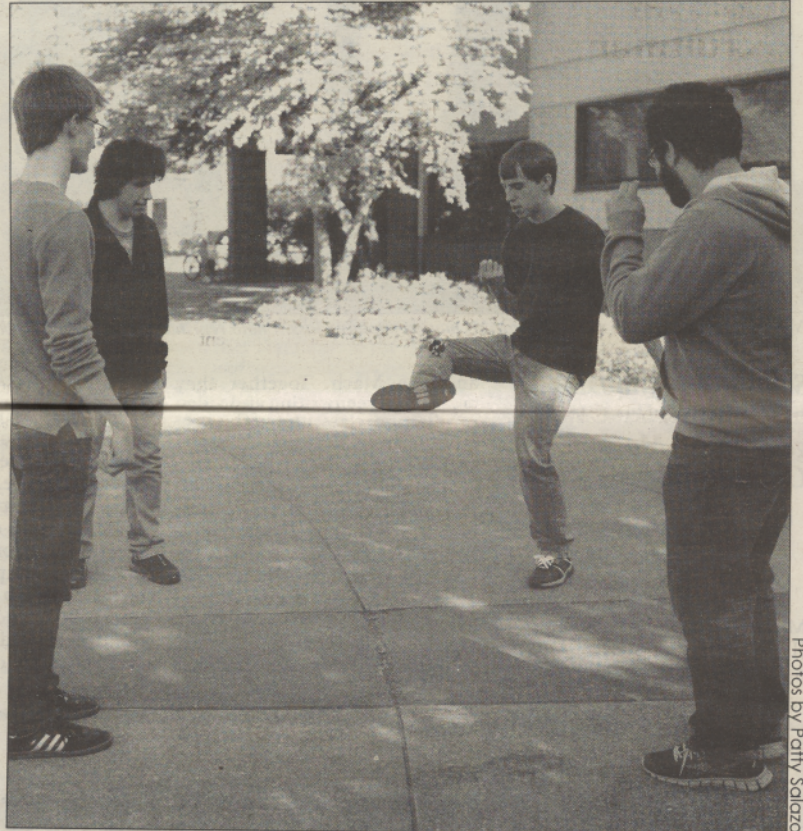
- **Print out a calendar so you can cross off days as they happen.** Visualizing how few days we actually have left will make the tasks at hand more manageable. Print out a calendar so you can cross off days as they happen. Visualizing how few days we actually have left will make the tasks at hand more manageable.

- **Finally, try to be encouraging to your peers.** They're probably in the same boat you are, and a smiling face or helping hand may be the one thing they need to keep them from giving up.

Oregon's invention at play



Above: Clackamas student Erick Ruhl 'hacks' with fellow students outside of the Dye Learning Center. Right: John Kissner enjoys the sunny day on campus.



Photos by Patty Salazar



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