

Gimme a Break!

Ok, here is a little experiment. Raise your hand if you've ever been studying for a long period of time, your mind starts to wander, and you just want to use your book as a pillow. Did you raise your hand? Well, maybe you didn't raise your hand, but I bet you've been through this.

Fatigue when studying is common on college campuses around the world. [Studies have shown that studying too much at one time can actually hinder your ability to retain valuable information.](#) Because of this, it is very important to take breaks when studying for your classes. Depending on the person, most students can study anywhere from 45-60 minutes and then need a break. Even a little bit of relaxation or rest can make the difference between academic success and academic failure.

You may have your own way of taking breaks while studying, but here are some ideas if you need help. Remember, these are short breaks, which shouldn't last more than 10 to 20 minutes, to help re-energize the mind and body.

- Call a friend and catch up for a few minutes
- Eat a snack
- Take a short nap
- Go run around campus naked. Wait, don't do that, but a short jog or walk outside could help
- Take a shower
- Open a window and breathe in some fresh air
- Let your creative side run free for a few minutes and draw a picture
- Plan out the next day's activities
- Stretch or do some yoga
- Listen to some soothing music
- Rest your eyes by focusing on something across the room
- Reminisce and look at photos of family and friends
- Practice breathing exercises
- Surf the Web for a little while
- Visit a friend that is close by
- Check your e-mail
- Find someone willing to give you a massage
- Run an errand or two quickly

Remember, everyone has their own learning limit. Focus on realizing yours so you can get the most out of your study time!