SPRING FEVER
TIPS FOR AVOIDING BURNOUT
2 strains of the Spring Fever Virus that Exists...

W.W.T.C.W.L.
(When Will This Cold Weather Leave)

B.I.N.O.
(But It’s Nice Outside)
WHAT WILL YOU DO ONCE THE WARMTH ARRIVES?
SPRING FEVER: What does IT look like?

I HAVE SPRING FEVER

GET ME VACCINATED
SPRING FEVER:
What does IT look like?
SPRING FEVER: What does IT look like?
SPRING FEVER:
What does IT look like?
SIGNS OF SPRING FEVER
Spring Fever:

- Staring Blankly out the window during class lectures
- Little or no desire to attend class
- Overwhelming urge/preference to be outside rather than inside
- Desire to want to sit in the sun
- Strong sense to forgo your studies and have fun
How to Avoid Spring Fever Burnout

One of the best ways to cure spring fever is to indulge it, just a little bit.

If it is a warm, sunny day - head outside - take your books with you - study outside for awhile.

Sometimes it is good just to give in to the urge to go outside and play in the sun for awhile - take a break from your studies while it is pretty outside - and return to your studies when the sun goes down.

It is okay to play, just don’t let play rule out the work that you have to attend too.

Take Time To Soak in the Sun
How to Avoid Spring Fever Burnout

Get Active

- Solution is not to make yourself ALWAYS stay inside - take time to GET ACTIVE
- Get outside for a jog, a walk, ride your bike....JUST TAKE TIME TO GET ACTIVE
- Studies show college students benefit academically from exercise:
  - Improved memory
  - Increased energy
  - Improved sleep
  - Improved focus
  - Better regulation of mood
  - Increased self-esteem
How to Avoid Spring Fever Burnout

Focus, Focus, Focus

- So you got out and soaked up some sun... now it's time to buckle down with your work
  - Find a quiet area away from windows or main entries
  - Turn off your cell phone and other distractors
  - Set a goal of what work or studying you want to accomplish
  - Keep a checklist nearby of things that must be done and prioritize them
  - Consider maybe a working group with your peers that will help keep everyone “fired” up to complete all assignments.
How to Avoid Spring Fever Burnout

Clean Your Work Area

- Make sure your work/study area is clean, organized and free of clutter.
- Clean and organized study/work spaces result in:
  - Increased motivation to get school assignments done
  - More likely to keep your assignments organized
  - Less likely to get distracted
How to Avoid Spring Fever Burnout

Plan a trip - SPRING BREAK

- Harnessing your focus on this one trip to celebrate the semester midterms and gear up for the remainder of the semester ...
  - Work hard before spring break ....
    - Relax and have FUN during spring break....
      - Come back energized and ready to finish off the semester strong!
- Spring Break is a great cure for spring fever