

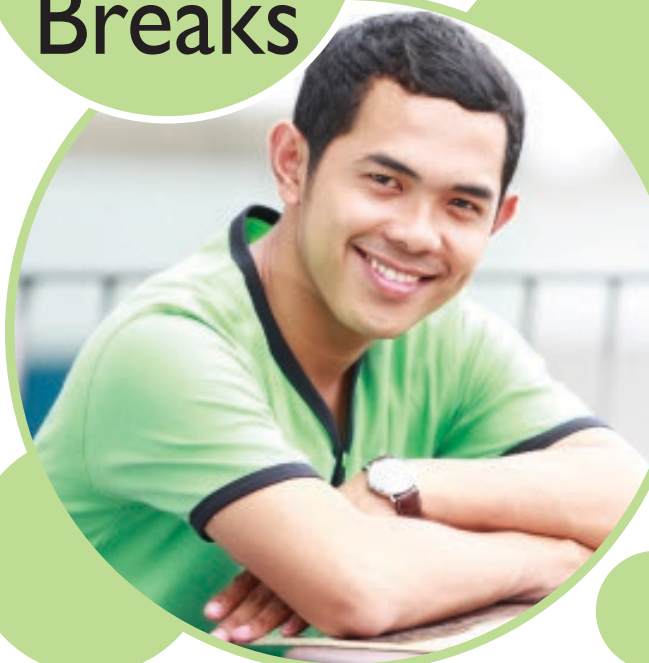


## STALL STREET JOURNAL

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[ A WEEKLY DOSE OF KNOWLEDGE ]

Volume 9, Issue 9, Week 4

Quick  
Study  
Breaks

Try these quick study breaks when you can't spare more than 15 minutes:

- **Get up and move.** Stretch or do some quick cardio. Interrupting long periods of sitting is great for your physical and mental health, as well as concentration.
- **Schedule a snack.** Even a short, small meal is better than scarfing down food while studying and will give your mind a break. You can plan ahead by prepping a healthy option.
- **Check social media.** Give yourself time to catch up with friends. Just make sure to limit how long you spend chatting. Set a timer if necessary.
- **Work on a fun project.** Read, draw, cook—do anything enjoyable that isn't school-related! Creative activities have been shown to actually improve problem-solving abilities and academic success.

IN THIS MONTH'S ISSUE OF **STUDENT HEALTH 101**:

***You Snooze, You Win***

*How Sleep Helps You Retain Memory*



READ **STUDENT HEALTH 101** TODAY:

**<http://readsh101.com/miami.html>**