1. Move from a steady focus to tunnel vision.
   a. eliminate the “unnecessaries”
   b. go into “training mode”
   c. take some time to define and commit to your schedule
   d. set a resolve
2. Incorporate 10-15 minutes of positive recovery into your work schedule every two hours.
   a. go for a walk
   b. spend some time worshipping God with music
   c. meditate on the word
   d. Re: daily recovering:
      1. Get sound sleep
      2. Honor the Sabbath
      3. Eat tuna fish for lunch
      4. Meditate on a biblical promise like Heb. 11:6
3. Ask for the help you need.
4. Press into God! Make study time devotional time.
   a. Spend 15 minutes worshipping God before you start to quiet your mind and spirit. This will help you concentrate.
5. Expand your circle and level of emotional support.
   a. Invite your family and friends to email you, call you, and encourage you in fun ways.
   b. Find accountability partners
   c. Give them questions to ask you, particularly regarding deadlines.
   d. Ask them to pray with you.
6. Cue your mind for serious study.
   a. Turn on classical music
   b. Find a quiet place.
   c. Go there and put thy butt down on thou seat.
7. Take your complaints to God, releasing your frustrations to Him, and quiet your spirit to hear from Him.
8. Give your notes to a needy student.
   If you sow mercy to others, you will reap mercy from God.

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Finishing Well

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