



Avoid going down a Jackrabbit hole with one swipe to unlock everything.

Turn your phone on airplane mode

Turn off ALL notifications on your phone AND computer! Create a specific time each day to check

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A little Jackrabbit trip whether planned or unplanned happens every once in awhile.

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will help you enjoy that first night back at home. Plan ahead and make time to get a few hours of homework done on Friday or Saturday to stay caught up.

Use this same system for long weekends or emergencies. Think about the longest you can stay on
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away.

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Lucier, K. L. (2019). Top 10 ways to waste time in college.
<http://www.thoughtco.com/wasting-time-in-college-793171>

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