

4 Mind Shifts for Task Initiation



1. Before you begin, complete a system's check.

- ❖ Ask, "Am I ..."
 - Hungry?
 - Make time to eat an [energizing](#) nutritious snack/meal
 - Tired?
 - Take a 10-minute nap
 - Get moving with [yoga](#) or a walk
 - Adjust your sleep schedule
 - Worried about this assignment?
 - Pair your inhibitor with a catalyst:
 - Inhibitor: Thesis isn't working
 - [Catalyst](#): Visit to [Writing Center](#)

2. Shift your [internal language](#) to be more positive and proactive.

- ❖ Exchange "I have" with "I want to... because..."
 - I ~~have~~ **want to** start my STAT homework early **because** that will give me the time to understand the concepts better. Plus, if I'm confused, which happens to everyone at some point, I'll have time to check in with Quantitative Academic Support, Supplemental Instruction, or my professor, and that will help me feel more confident.

3. Disrupt your disruptors.

- ❖ Too-cozy environment?
 - [Change your environment](#): Find a brighter spot with structured seating
- ❖ Study sessions turn into chat sessions? Try the [Pomodoro Technique](#).
 - Set a timer for 25 minutes of study followed by 5 minutes of chatting. Repeat.
 - Try studying alone to the sounds of nature or lyric-free music
- ❖ Distracted by text messages, social media or streaming platforms?
 - Use Apps that limit your browsers and ability to scroll.
 - Cell Phones: [Flipd Digital Wellness](#) and [Flora Focus Habit Tracker](#)
 - Laptops: [Freedom](#) and [Cold Turkey](#)

4. Start Slowly

- ❖ Begin with a short 25-minute [Pomodoro Technique Session](#)
 - When your time is up, break for 5 minutes, then try another 25 minutes.
 - Create a small reward for each hour you complete
- ❖ [Break assignments apart](#)
 - Ex. Split essays into 1-to-2-hour sessions over seven days.
- ❖ Utilize your [resources](#)
 - [Tutoring Lab](#), [Supplemental Instruction](#), office hours, and more