

## Study Breaks for Under Five Bucks



**It's time to treat yourself and take a well deserved break!**

- Treat yourself to a non-academic magazine (GQ, Cosmo, People) and read it . . . without worrying about taking notes. If you do worry about taking notes on the articles, you need a longer break!
- Treat yourself to a cup of coffee and baked treat—*off-campus*. Sit in a coffee shop and read a book that has nothing to do with classes, or just people watch for a while.
- Download five new songs for a new mix to listen to while you're at the fitness center working off some steam. Again—these should NOT be related to your classes! Downloading your instructor's podcast does not count.
- Use your student ID and get discounted admission to a place you've never been (Chazen Museum, Vilas Zoo, a poetry slam at the UW campus, dancing at the Inferno, etc).
- Head to a mall or any other place that has massage chairs and people charging \$1/minute for a massage. Treat yourself to a 5 minute neck and back rub.
- Check out the Budget Cinemas in Madison. For under 5 dollars you can see a movie AND get popcorn!



**Remember, to maximize your college success, you also have to take care of yourself. Doing so will leave you energized and ready to take on your next task!**

When you are ready for a few study tips AFTER your break, check us out at <http://LSS.edgewood.edu>

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