

# Hit the Breaks

Have you ever hiked the Y? Chances are, if you did, you took a break on your way to the top. Breaks help us refocus our energy and concentration. As you hike through a study session, it's important to stop and refocus--it actually builds motivation, encourages creativity, and pushes you to be more productive. If you feel like you might need a break, run through this flow chart for some tips and tricks. Just remember that when break time is over, don't wait any longer to jump back in. Get pumped and push yourself to learn all you can!

