Semester Break Reset: Rest. Reflect. Recharge.

Before the next semester begins, take a real break or one that helps you reset your mind, body, and motivation. This worksheet is your guide to slowing down, reflecting on what you've learned, and preparing for what's ahead. Use it to celebrate your wins, let go of stress, and set intentions that help you start fresh. The goal isn't to get ahead, it's to feel recharged, grounded, and ready to begin again.

Pause & Reflect

Reflection strengthens memory and reinforces learning pathways. When you name your wins, your brain releases dopamine which is the same "feel-good" chemical that motivates you to keep going.

Before rushing into "what's next," take a minute to acknowledge what you've just done.

One thing I'm proud of from this semester: _____

A moment that challenged me but taught me something: _____

_____

One class, habit, or person that helped me succeed: _____

Build a Break That Actually Feels Like a Break

Rest isn't just doing nothing. It's doing what helps you recover. The goal is balance: recharge your body, clear your mind, and reconnect with what makes you feel good. A real break helps you return to campus ready, not running on empty.

AREA OF CARE	EXAMPLES	WHAT WILL YOU DO?
BODY	sleep in, bubble bath, move your body, work out, stretch, try a new recipe	
MIND	journal, unplug from tech, read, meditate, laugh, daydream, birdwatching	
CONNECTION	catch up with friends/family, volunteer, cuddle a pet, check in with new friends from BSU	
ENVIRONMENT	declutter, redecorate, rearrange your study space, light a candle	

Draw or write your perfect break day in a few sentences or sketch.

Let Go & Make Space

Before you move forward, take a moment to clear out what's been weighing you down. Letting go of habits, thoughts, or stress from last semester makes room for new energy, goals, and opportunities to grow.

List 3-5 things you're ready to leave behind this semester: habits, thoughts, or routines that no longer serve you.

I am ready to release _____ and ready to make space for _____.

I am ready to release _____ and ready to make space for _____.

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I am ready to release _____ and ready to make space for _____.

Set Your Semester Intentions

Setting intentions activates the brain's reticular activating system or the filter that helps you notice opportunities that align with your goals. Instead of a long list of resolutions, set 3-5 intentions that align with who you want to be. Write 3-5 statements starting with:

1. This semester I want to feel _____ more often.

2. I'll prioritize _____ even when things get busy.

3. I'll keep growing by _____.

4.

5.

Prepare for Change

Each new semester brings something different like new classes, people, routines, and challenges. Thinking ahead helps you adapt with less stress and more confidence when things shift. **Change feels easier when you plan for it.**

1. One thing that might be different next semester: _____.

2. How I can prepare for that change now: _____.

3. Who or what will support me through it: _____.

A Letter to Future You

Your future self will thank you for a little encouragement. Write a quick note to remind yourself what matters, what you've learned, and what you hope to carry forward. It's a simple way to keep perspective when things get busy again.

Dear_____,

_____

_____

_____

_____

_____

_____

_____