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**Halfway There! How to Stay Motivated:**


**Alarms:** Set alarms for when to start/end a particular assignment as well as for breaks. 

**Rewards:** Reward yourself at the end of the day with something to acknowledge all the work you completed. Maybe this is an episode of a show or a special meal. 

**Sleep:** at least 6 hours a day. (If you're exhausted the next day, you aren't going to be motivated to study anyway.) 

**Meals:** Plan when you'll eat so you manage your hours of work time more easily.

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