



## 15 Ways to Resist a Classroom Nap

1. Take deep breaths, providing your body with more oxygen.
2. Pinch the skin between your thumb and pointer finger—HARD.
3. Smile. ☺ It releases energizing endorphins.
4. Eat. Low in nutrients= Low in concentration
5. Come to class well-rested. According to WebMD, young adults need 7-9 hours of sleep every night.
6. Ask if you can open a window; it is harder to stay awake in a warm classroom.
7. Remove one shoe only, which creates a temperature difference (make sure your odor eaters are working first!).
8. Follow your professor's argument intently, even if it's confusing.
9. Take copious notes constantly.
10. Write questions to yourself in your notes about the material.
11. TALK (you don't fall asleep talking usually, do you?): Ask questions and contribute to class discussion (even if only to break the monotony of the professor's voice).
12. Sit up straight, don't get too comfortable
13. Doodle!
14. Change pens (use one with brighter ink).
15. Sit in the front of the class.

Courtesy of Xavier University's Learning Assistance Center web page  
<http://www.xavier.edu/lac/Note-Taking.cfm>#