



*The* UNIVERSITY of  
WEST ALABAMA

With the longer days and warmer afternoons, we know spring is here... and summer can't be far behind. It's tempting to imagine a summer filled with mom-washed laundry, 11 am wake up calls, and late-night Netflix binges, but consider a little productivity first.

By spending a few hours now – and even giving up a few hours each week over the summer – you can get yourself organized and be prepared for a productive year with very little effort.

**Do Your Fall Planning Now** – [Start planning for your fall classes now](#), before you even leave for summer break. Meet with your advisor – and maybe even a professor or two – before everyone gets caught up with final exams, so you can make sure you're on track with all your electives, pre-requisites, and next steps in your major. Once you have a plan, you can go ahead and [register for fall classes now](#).

**Get Your Housing in Order** – On-campus housing at colleges like the University of West Alabama (UWA) is at a premium. The best way to ensure you get your top choice is to apply for [housing](#) early... there's not need to wait and it only takes a few minutes to apply online. If you are living off campus, this is still a great time to either renew your lease or start investigating other options.

**Consider Taking a Summer Class on Campus** – Taking a class on campus during the summer might seem like a drag, but it can offer some big advantages. First off, summer classes are shorter and more concentrated, so you can take a deep dive into your subject. The course duration is also much shorter than the fall or spring counterparts, so it may be a great opportunity to take a class you've been dreading (i.e., just get it over with). Class sizes are typically smaller during the summer, too, so you may find it even easier to engage directly with your professors and fellow students if you find the coursework particularly difficult.

**Or Take One Closer to Home** – If you prefer to go home for the summer, you can still make good use of your time. Because UWA can accommodate "[transient students](#)," you can complete additional courses away from UWA – including at your local community college – and still have your courses count at UWA. The university has a reciprocal agreement with colleges and community colleges across the state, so you can be sure your credits will transfer hassle-free.



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**Get Your Finances in Order** – Whether you need to secure [student aid](#) for summer classes or fall, you can get started on either one now. Remember, even if you already [have your financing secured](#) for this school year, you’ll likely have to reapply for the summer and for next year. To qualify for summer classes, you’ll have to take a minimum of [six hours](#) toward your degree program, and you’ll need to register for your classes before you can finalize your paperwork.

Whether you choose to spend your summer [taking classes in Livingston](#), hanging out with family and friends, or splitting your time between [coursework](#) and recreation, do yourself a favor: Try to keep a regular schedule so you’re ready to jump back into school when you come back in the fall.

A **solid sleep routine** – even if you don’t get up at 7 am – is definitely worth the effort. Not only will it make your summer feel a bit longer if you don’t sleep it away, you’ll also have an easier time returning to the school routine when the time comes. Try not to get in the habit of napping unless you can continue that at school—though it *is* hard to resist a little couch time during an afternoon rainstorm every now and then.

**Good eating habits** should be easy to maintain once you’re home for the summer. Drink lots of water, eat your fruits and vegetables... all those things your mom usually encourages you to do anyway. Try to avoid too much caffeine, fast foods, and sweets. By keeping up good eating habits – or establishing them – while you’re home for the summer, you can avoid feeling sluggish and gaining unwanted pounds.

Resist the temptation to become a couch potato over the summer, too. By staying even **moderately active** – even just a 30-minute walk each day – you can [maintain your physical and your mental health](#). Walking, especially outdoors, can improve your mood, help you sleep, and keep you fit. If you’re feeling [really ambitious](#), summer break can be a good time to implement some new habits, too. Take a yoga class, start cycling or running, try hiking, or take up tennis. Remember, workouts don’t have to be painful or boring—focus on finding what works best for your personal interests.

**Exercise your brain** a little, too. If you’re taking [summer classes](#), this should be easy as your brain will have plenty of work to do. But even if you’re not, take time to read (preferably something longer than a blog post or an Instagram hashtag) or try your hand at Sudoku or a crossword. Jigsaw puzzles and board games are also good ways to keep your brain sharp and make family time more quality and less awkward.

# UWA

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These few simple things will make it much easier to enjoy your summer break... if nothing else, it will make you feel a little less guilty those times you do decide to stay in bed all day or kill ten hours watching movies on the Hallmark Channel. After all, even doing nothing gets boring after a while.

For more insight to how *you* can do something that matters at UWA *any* time of year, [click here](#).