Welcome back to our newsletter! We hope it finds you well and happy, and that you can take a moment to reflect on your progress so far. If you find your motivation flagging, or you feel stuck, there are several resources that may help you to refocus.

**Finding Motivation:**

Motivation can be a tricky thing to maintain, especially during busy times like the beginning of a new semester. If you're finding it hard to stay motivated, it might be because you're overworking or underworking. Identifying your sweet spot – that balance of challenge and enjoyment – can help you maintain motivation. Consider the following tips:

1. **Set Goals:** Write down your short-term and long-term goals. This will help you to stay focused and motivated.
2. **Break Tasks into Smaller Pieces:** Large tasks can feel overwhelming. Breaking them down into smaller, manageable tasks can make them feel more achievable.
3. **Take Breaks:** Remember to take regular breaks. This can help you to maintain focus and stay fresh.
4. **Exercise:** Physical activity can boost your mood and motivation. Whether it's HIIT workouts at home or outdoor activities like running or cycling, exercise can help you feel more energized.

**Maintaining Support Networks:**

Having a support network can also help you maintain motivation. This can include your advisor, your peers, or even support programs like the Counseling Center, which offers services for mental health needs.

**Resources:**

OGPS is always looking for resources that can help you with your goals. For example, we recently highlighted the OWiFi program, which provides students with high-speed internet access. In addition, the National Postdoctoral Association Conference offers workshops on time management, which can be helpful for graduate students and postdocs.

**Opportunities:**

Don't forget to check out the Career and Academic Resources webpage for information on scholarships, grants, and other opportunities.

We wish you all the best in your studies and research!