

## HOW TO AVOID STUDYING

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[Assignment: Write an informational or instructional process essay explaining how to or giving steps to avoid, stop, or reduce college pressure, either financial, parental, peer, or self-pressure.]

(1) Studying can be a treacherous and sometimes exhausting chore. I have found there are many ways to avoid the unwelcome task of homework and the dreaded pressures that accompany it. During my first four weeks of college, I have already become a master of evading my homework. By practicing a few time-wasting techniques, I can do as little studying as thirty minutes a day or less!

(2) The first thing I do when I get the urge to open my books is clean. Because my desk is the place I like to study, I clean it first. I organize all of my junk mail into a neat stack so that it won't get in my way when I start studying. When my desk is cleared, I usually like to straighten my shelves. I keep my books on my shelves, so I figure if I straighten them up before I start my homework, it will make it so much easier for me to grab my books when I finally do begin studying.

(3) Next on my agenda is the floor. Who wants to study in a room where you feel trapped because there isn't a clear pathway to the door? I start by putting away all of the obstructions that are on the floor and then I vacuum it--at least twice--to make sure I get up every last pencil shaving, piece of lint, and kernel of popcorn. And when I see those kernels of popcorn, I remember all of the dishes I have piled in the sink.

(4) Suddenly, my mind goes back to my homework. I know I have to do it sometime, but there is no way I will get anything done if the dishes sit a minute longer. I approach the sink with caution, realizing there may be disgusting fungus growing somewhere deep within the layers of plastic and stainless steel covered with the remnants of last night's dinner. The smell of dirty dishes might fill the room and make me nauseous, and then, of course, I wouldn't get anything accomplished.

(5) Upon completion of the dishes, I begin to feel the effects of the "lemon fresh scent" of my dish soap and decide that the best thing I could do is get some exercise. The two exercises that best clear my head for studying are walking and swimming. First, I walk around the hall to see how others are doing with their homework, and to find out how difficult my assignments are. Then I go out and walk around campus to get some fresh air and clear my mind of everything so that when I do begin studying, I will be fresh and ready to put my mind to it. Some days I really don't feel like walking, so my alternative is to swim. Swimming is completely relaxing and it has the same effect of clearing my mind as walking does. Being in the water is also a very effective preparation for studying; it wakes me up so that I will be fully alert when I study.

(6) When I finish exercising, my mind is cleared, my body is refreshed, but my stomach is growling. When I get back to my room, as much as I want to study, I know there is no possible way for me to do so if

I am hungry. I begin by fixing a snack. This snack is nice, but then I realize that I may get hungry while I am studying. No little snack can satisfy the hunger I get when I am studying, so I *must* bake some delectable goodies to reward myself. Any baked goods will do, but I have found cookies and cupcakes--made from scratch, of course--to be the most satisfying. When my baked goods are ready, usually after about two hours, I am so exhausted from all of my studying preparations that I collapse on my bed and sleep the rest of the night.

( 7 ) These tasks divert me when I get the urge to open my books. They do help to relieve the pressures that accompany studying, even if they prevent me from getting my homework completed. So if you want to get C's or D's on your assignments and quizzes, then I suggest following my step by step guide of time-wasting techniques.