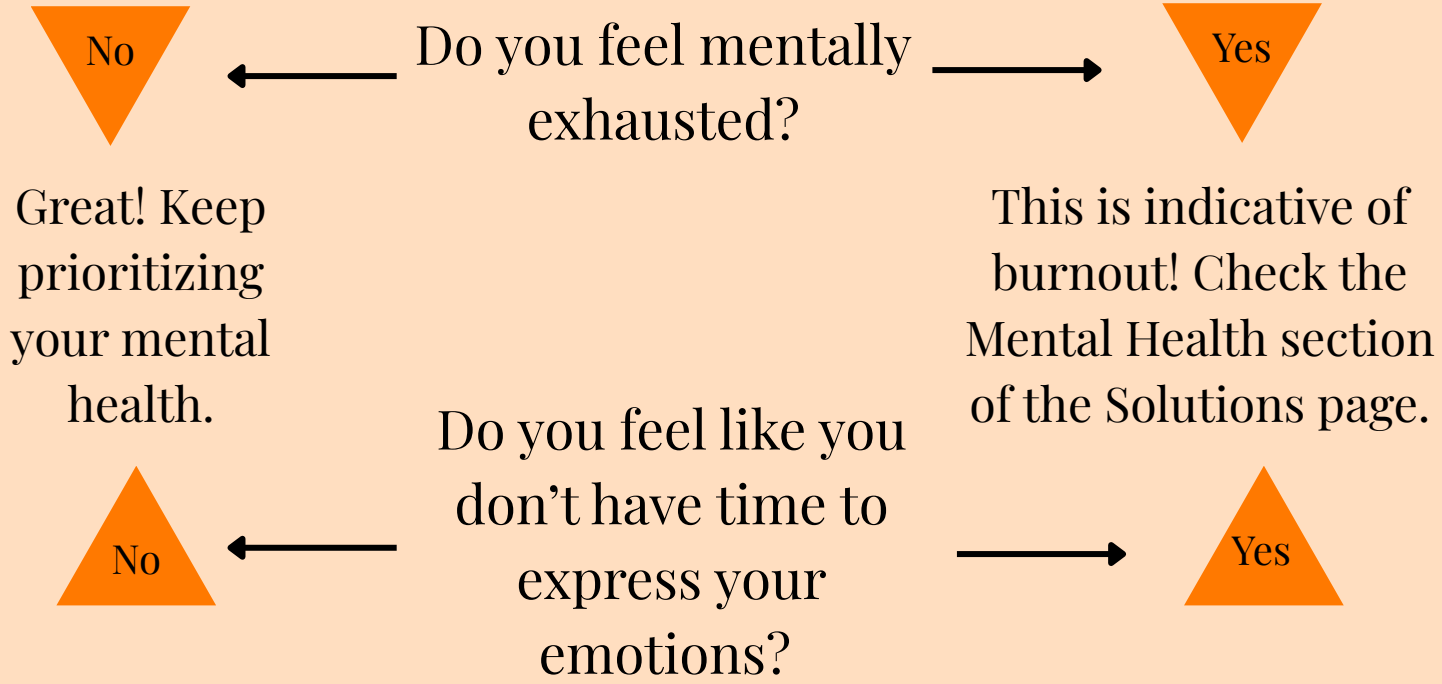


Student Involvement Mind Map

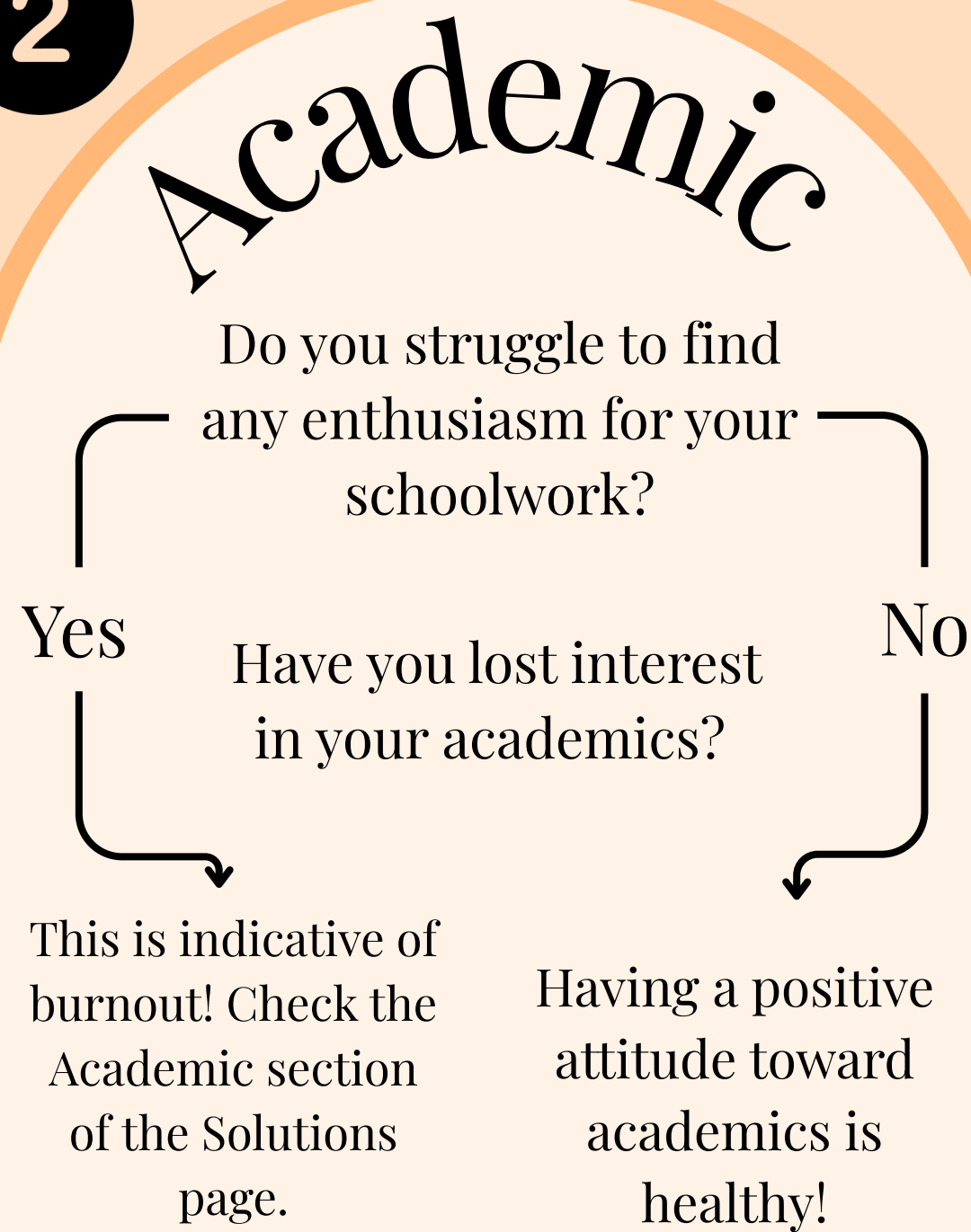
1 Mental Health



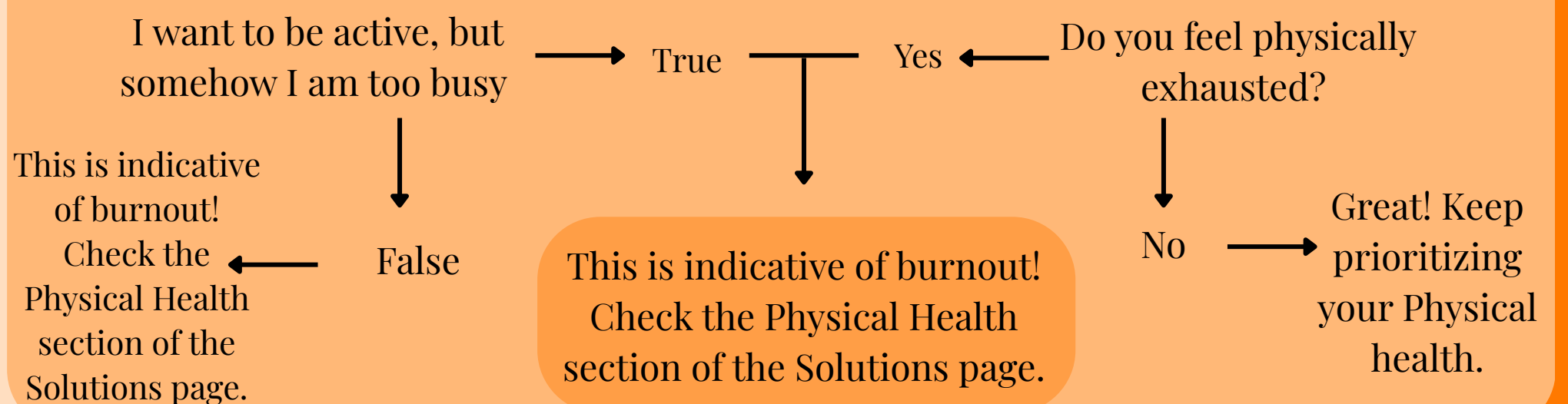
This is a tool to assess student involvement and burnout, which can occur when students are overinvolved. Burnout is defined as chronic stress that leads to mental and/or physical exhaustion, low motivation, and poor academic performance.

For each number/category, think about the question asked and follow the mind map based on your response. You can answer all of the questions or skip to any of the categories based on your needs.

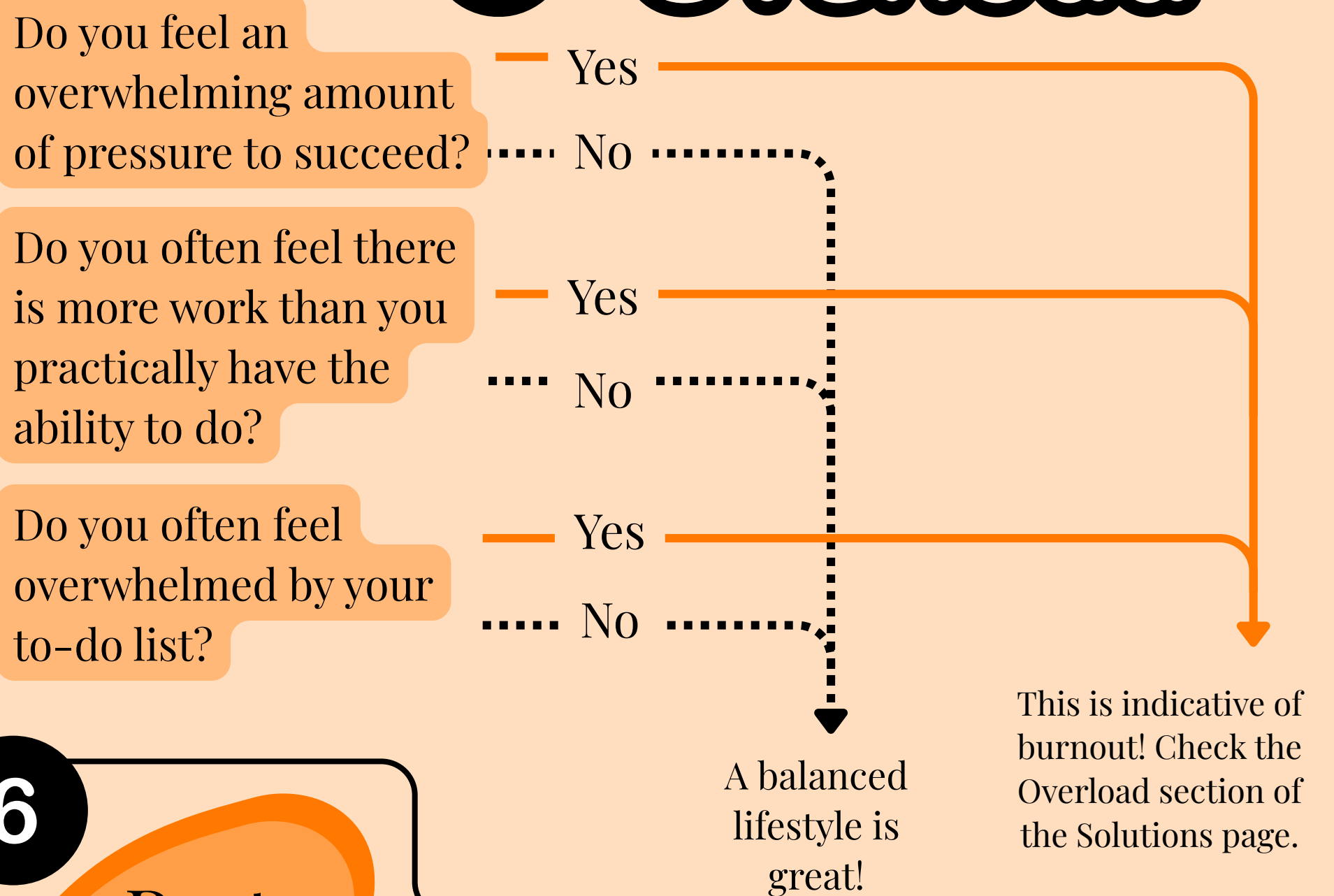
2 Academic



3 Physical Health



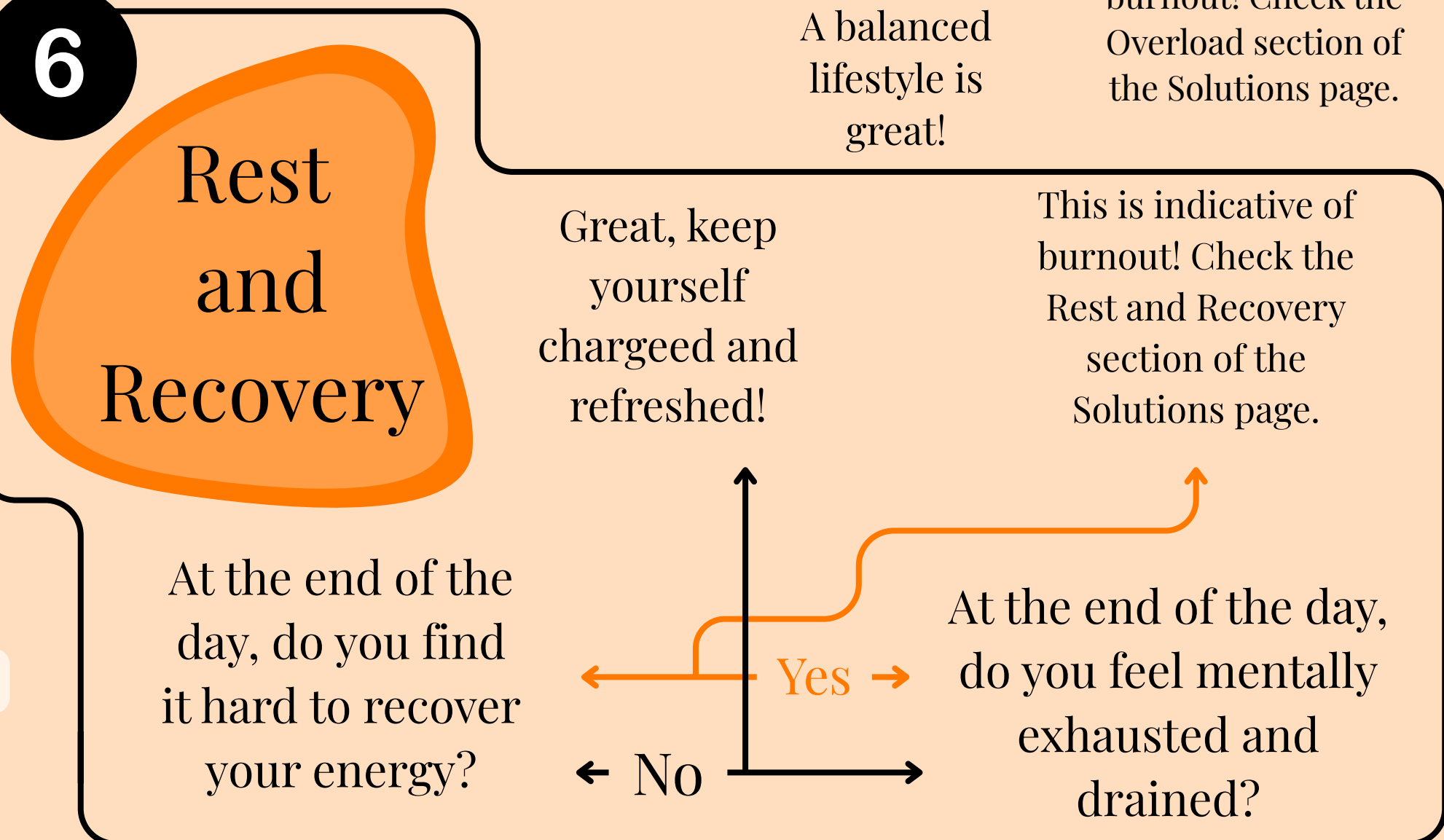
4 Overload



5 Motivation



6 Rest and Recovery



Mind Map Solutions

If you answered “yes” to any of the questions on the student involvement mind map, check the corresponding number on this solutions page for some tips and next steps to reduce your burnout.

Consider reading all of the solutions, even if you aren’t experiencing burnout, to help prevent future burnout!

2

Academic

- Task management
 - Break your assignment into smaller steps
 - Use checklists for organization and memory
 - Focus on the next action (one thing at a time)
- Prioritization
 - Closest due dates come first
 - Drop low-impact tasks
- Let go of perfectionism
 - No one is perfect!
 - Sometimes “good enough” really is ok
 - Focus on turning assignments in rather than making them perfect
- Support:
 - Email your professors for help
 - Attend office hours

6

Rest and Recovery

- Good sleep hygiene
 - Have a consistent bedtime
 - No phone before bed
 - Aim for 7-9 hours of sleep
- Intentional breaks
 - Work to break ratio (25 mins to 5 mins)
 - During your break, step away from screens and rest without guilt
- Low-energy recovery
 - Naps or quiet time (20-30 mins)

3

Physical Health

- Nutrition
 - Eat regular meals
 - Healthy, balanced diet
 - Don’t skip eating
 - Drink water throughout the day
- Movement
 - Walking, stretching, gym/exercise
- Environment
 - Get some sunlight and fresh air

5

Motivation

- Reconnect to purpose
 - Why did you choose your major?
 - Reassess your long-term goals
- Small wins are important
 - Tiny goals such as completing a 5-10-minute task
 - build momentum for the long-term goals
- Rewards
 - Treat yourself!
 - Take a break after you progress
- Change strategy
 - Try a new study method
 - Switch up your environment

Enjoyment and Recharge

- Hobbies:
 - Music, art, gaming
- Relaxation:
 - Watch shows/movies, listen to podcasts or music, read books
- Exploration and creativity:
 - Go outside, try new places, low-pressure fun

1

Mental Health

- Thought management
 - Challenge negative thoughts
 - Reduce self-criticism
- Emotional release
 - Try journaling, venting, or creative expression
- Mindfulness
 - Breathing exercises
 - Meditation apps
 - Accept your limits

4

Overload

- Digital screen limits
 - Reduce time on social media
 - Set app timers that help limit phone use
- Set your boundaries!
 - Say no!
 - Limit your commitments and prioritize where you spend your time and energy
- Simplify Life
 - Fewer tasks per day
 - Remove unnecessary items from your workspace
 - Work on one task at a time

Extra Help!

Recognize when it is serious

- Warning signs:
 - Constant exhaustion, anxiety, depression, loss of interest
- Academic impact:
 - Failing or missing work
- Action steps:
 - Counseling services, doctor/therapy, crisis support if needed

Social Support

- Friends and Family:
 - Talk openly, study together, check-ins/calls
- Campus and Community resources:
 - Counseling center, academic advisors, clubs/groups