**Subject Line:** **5 Ways to Avoid the Summer Slump**

Dear**[Student]**,

Without a set schedule, a leisurely summer morning can easily drift into a lazy day. Think about what you want to be able to say in the fall when your classmates ask you, “What did you do last summer?”

**1. Set your alarm.** Catching some extra Z’s over summer break is okay, but snoozing too long is a surefire way to slide into the summer slump. Set an alarm so you don’t sleep summer away.

**2. Set goals.** Start by figuring out what you want to accomplish over the summer. Whatever your goals may be,  break down the steps you need to take in order to achieve your personal priorities.

**3. Write a to-do list every morning.** Protect yourself against the summer slump by establishing a routine. Try writing down your daily to-dos when you wake up.

**4. Stay active.** Ride your bike, go for a swim, run a 5k, enjoy a hike, play catch with a friend, walk your dog… whatever it is that gets you moving, do it! Getting fresh air and exercise will help set the tone for the rest of your day.

**5. Play ACT Bingo.** Need some extra motivation? Challenge yourself (or a friend) to a game of  [ACT Bingo](https://pages.act.org/bingo.html)! Win the game by completing fun tasks that will help you prepare for your future. Bingo squares include ideas that will spark productivity and help you brainstorm ways to plan ahead.

[Keep reading](https://www.act.org/content/act/en/students-and-parents/college-planning-articles/avoiding-summer-slump.html) to learn more ways to avoid the summer slump!

**[Signature]**