
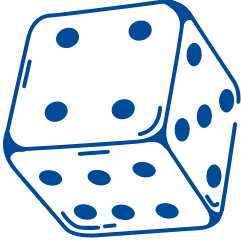

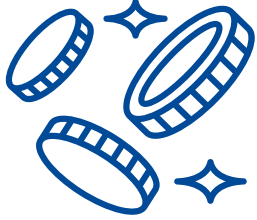



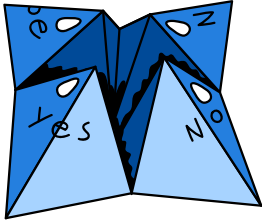
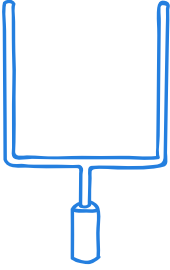
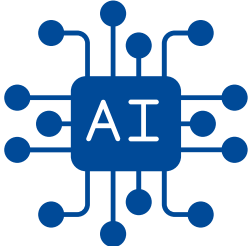
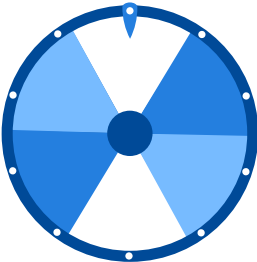



GVSU STUDENT ACADEMIC SUCCESS CENTER

CHANCE STRATEGIES

Feeling stuck and don't know where to start? Leave it up to chance!

Below are multiple methods to help you get started when you're feeling stuck, indecisive, feeling distracted, or just want to add a little fun to your work. More details on the back.

<p>Deck of cards</p> 	<p>Rolling Dice</p> 	<p>8 Ball</p> 
<p>Heads or Tails</p> 	<p>Music challenge</p> 	<p>5 second rule</p> 
<p>Phone a friend</p> 	<p>Fortune Teller</p> 	<p>Paper Football</p> 
<p>Ask AI</p> 	<p>Spin a wheel</p> 	<p>Pick a number</p> 

GVSU STUDENT ACADEMIC SUCCESS CENTER

CHANCE STRATEGIES

Deck of cards: Assign tasks with a heart, club, spade, or diamond. Randomly pull a card from a deck and perform that task.

Rolling dice: Write a number next to each task, roll the dice and do the task that the number lands on.

8-Ball: Have a list of tasks and shake the 8-ball until you land on a yes answer.

Ask AI: Ask artificial intelligence to pick which task you should start.

Spin a wheel: Using a virtual or real wheel write tasks on each section and spin.

Music challenge: Choose a music duration based on how long you'd like to work and don't stop working until the music ends. Song: 3-5mins, Album: 30-45mins, Playlist: however long you want.

5 second rule: Notice when you have an impulse to act on a goal, count down from 5 and physically move to get started before your mind allows you to procrastinate.

Heads or tails: Write down tasks and flip a coin for each task. Mark heads or tails near each task and if its heads do those tasks first.

Phone a friend: Text or call a friend and ask them to pick a task randomly.

Fortune teller: Create a Cootie Catcher and write down tasks in each center fold. Whatever the number it lands on start that task immediately.

Paper football: Write down tasks on separate pieces of paper and fold into a paper football. Flick each football and see which makes it the farthest distance and do that task.

Pick a number: Assign numbers to task and randomly pick a number to begin.