

BURNOUT, FOCUS & MENTAL STAMINA FOR GRADUATE STUDENTS

A RESOURCE PROVIDED BY THE LPTS ACADEMIC SUPPORT CENTER (ASC)

Steady Progress. Sustainable Success.

Graduate students are often balancing coursework alongside work, family, ministry, internships, and caregiving. Mental exhaustion is common — but burnout is not inevitable. Sustainable success requires intentional rhythms.

Signs of Academic Burnout

- Feeling emotionally detached from coursework
- Increased irritability or cynicism
- Avoiding assignments completely
- Reading without retaining information
- Difficulty concentrating for more than 10–15 minutes
- Persistent exhaustion even after rest

Burnout is a signal that something needs adjustment.

Immediate Reset Tools

1. The 5-Minute Reset:
 - a. Step away from your workspace, take 5 slow breaths (inhale 4, exhale 6), drink water, and return to complete one small task.
2. Minimum Viable Progress:
 - a. Ask: What is the smallest meaningful step I can take right now? (Outline one paragraph, read 5 pages, locate 2 sources, revise one section.)
3. Change the Environment:
 - a. Move to a different room, adjust lighting, reduce background noise, or study in the library instead of home.

Protect Your Focus

- Try structured study blocks:
- 50 minutes focused work
- 10 minute break
- Repeat up to 3 cycles

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Build Weekly Recovery

- One evening with no academic work
- One intentional rest activity (walk, reading, worship, social time)
- One check-in moment: What feels heavy right now?

When to Seek Support

- Ongoing inability to complete assignments
- Increased anxiety or emotional distress
- Significant changes in sleep or mood
- Feeling stuck despite effort

Support may include academic planning through ASC, meeting with faculty, or counseling/spiritual care resources. Seeking support is strategic - not a setback.

Graduate school is not a sprint. Mental stamina grows through rhythm, not pressure. Move forward steadily.

Contact the Academic Support Center at asc@lpts.edu

ASCResource_20260331

The Academic Support Center (ASC) supports students with various aspects including:

- Academic Writing
- Study Skills
- Academic Honesty
- Strategic Reading
- Ordination Support
- Career Mapping
- Citation Support
- ADA Academic Accommodation
- Critical Thinking & Analytical Skills Development



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The ASC is a drop-in center located in the E.M. White Library, Room 108, and also available by appointment in person/online!

Or Scan to
Book Directly!

