

# Late nights have perks



BY SARAH MUIR  
Staff Reporter

We're college students. It's understandable when sometimes we just can't get everything done when we should get it done.

We've all been there. It's the night before an important test or deadline, but we are too busy with other obligations to get it done. So we do the only thing we can do — stay up all night and finish it. Hopefully.

The all-nighter gets a bad reputation, probably because it's seen as a sign of procrastination and not exactly a healthy habit. I won't argue with the science that overwhelmingly tells us sleep is important. I will say the occasional all-nighter won't kill anyone and actually can be beneficial.

The first benefit of the all-nighter is its productive nature. Usually it is used for one specific assignment, so all your energy can be focused at one thing. You can clear your mind of other distractions for one night and dive into the assignment. It eliminates multitasking.

Even though humans like to think they are great at multitasking, it turns out we're not. University of Kansas professor Paul Atchley said when we try to multitask, our efficiency can drop by 40 percent. All-nighters are great at forcing us to stop multitasking, thus increasing our efficiency.

Of course, it would be easy to be 100 percent efficient if only there weren't so many distractions. Good news — the nighttime has far fewer distractions. Fewer people are awake to talk to you and the quality of TV available after 1 a.m. drops dramatically unless you're really into infomercials. The Inter-

net might never slow down, but social networking sites definitely do. When you stay up late enough, your news feed rarely updates and the tweeting slows down.

It also can be invigorating to stay up all night. After a certain time, you stop feeling tired and start thinking sleep might be overrated. Of course during class the next day you'll realize it's not, but for a few hours during the middle of the night you'll feel like you can finish anything. There's also something satisfying in knowing most of the world around you is asleep while you're still awake getting things done. Plus, you get to see the sunrise and you don't even have to get up early to do so.

For those planning to see the sun after a long hard night, there are two tips that will make an all-nighter more bearable. First, prepare for late-night hunger. If you're staying up all night, or even most of the night, you're going to get hungry.

Second, do not try to nap during the middle of getting your work done. You'll think to yourself, "I'll just close my eyes for 10 minutes and then get back to work," but you won't. Unless you're a professional at micro-napping, chances are you won't want to get up and your sleep-deprived mind will find some crazy reason to rationalize sleeping. You've already invested time into this all-nighter and quitting halfway through accomplishes nothing. Quitting means you didn't get your work done and you didn't get enough sleep, so you might as well pick one instead of both.

I had to pull an all-nighter before the last day of finals week. To keep myself awake and motivated, I blasted music through my headphones, ate a lot of sugar and moved around every 30 minutes. Finishing the paper a mere hour before it was due was definitely an invigorating experience. I wish I could say it taught me not to procrastinate, but it just showed me how productive those late nights could be.

By no means should you make staying up a habit, but don't fear it either. Occasionally it's good to stay up and get things done. And, you'll have battle stories to exchange with your fellow classmates who have all done it at some point, too.

## Student Activities Board promotes movie

Kate Linman/Index

Junior Megan Folken, left, and sophomore Sydney Slavin, center, talk to junior Megan Boren about the Student Activities Board's upcoming screening of "The Perks of Being a Wallflower." The movie is being shown at 7 and 9 p.m. Friday in the Georgian Room in the Student Union Building.



## Finding motivation



Staff Reporter outlines the importance of being motivated

BY EMILY WICHMER  
Staff Reporter

I've been staring at my computer screen for what seems like hours, trying to come up with a good opening paragraph. My problem? I just can't get motivated.

Some things in life are easier said than done. That paper due in your Writing as Critical Thinking class might still be missing half the necessary word count, or you might not be able to study for your Spanish test. When it comes to school-work or your job, you probably could think of 50 things you would rather be doing.

The trick and difficulty in accomplishing these "boring" tasks is to find motivation.

Motivation is what drives us to finish our tasks. We need a reason to do things, whether it's earning a promotion at work or starting a new diet. Without that extra incentive, we wouldn't do anything. After all, we wouldn't skip eating a piece of cake just for fun.

Last summer, I really wanted a new computer for school. My only problem — I was broke. I couldn't afford Ramen, much less a laptop. To make money, I got a job filing papers at an office near my house.

It wasn't the most fun job, but at the end of the summer, I was able to buy the laptop I used every day during the fall semester. My desire for a new computer motivated me to work hard at my job.

One nice thing about motivation is that it can become something as common as a feeling.

You might want to finish your paper because you want to pass your class. You might want to do a good job on the same paper because you want to get a good grade in the class. Pride, honesty and other emotions can serve as motivation, but let's be realistic, sometimes we need more tangible things to keep us motivated.

To stay focused on whatever you are supposed to be doing, you must figure out what is distracting you from your goal. We live in a world of distractions, whether it's Facebook,

texting your friend or the new movie that just came out.

Whatever the distraction, you can use it as incentive. Stop checking your Facebook feed. Put down your phone. Wait to see that movie. Use them as a reward for finishing what needs to get done.

Sometimes we don't have distractions. Sometimes we just can't focus. When this happens, remember motivation can be found in anything around us.

Motivation can be taking a nap after a long day of work or dinner at a restaurant after taking a test. Whatever your promised reward, be sure to follow through.

Find out what will motivate you to get a job done. Motivation can come from anything and different things inspire different people. An episode of "Breaking Bad" won't serve as motivation to everyone, and neither will a night of bowling.

For good stimulus, use what you love as incentive. If you're a movie junkie, use a trip to the movie theater as motivation. If you enjoy the outdoors, take a walk in a park or around your neighborhood after you finish your work.

After all, if I can finish a column because of a little motivation, it can help anyone.

Now, if you will excuse me, there is a cupcake in my mini-fridge I have been promising myself.

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## Classifieds

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### For Rent

**For Rent:** Wagner Enterprises rental properties are available for 2013-2014 lease. New units with one to four bedrooms are all within two blocks of campus! Complete with washer/dryer in each, all electric, central heat and air, private parking and maintenance staff. For more information, call 660-341-5538 or visit [www.wespaces.net](http://www.wespaces.net)

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**For Rent:** 1 bedroom efficiency apartment approx. 2 blocks from TSU. All utilities included. No Pets \$300 per month. Available AUG 2013. Call Corey Sanford 660-341-1324 or leave message.

### For Rent

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### Miscellaneous

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**FREE Skating Party** hosted by Ekklesia Campus Ministry Sun. Jan. 20 @ 4 PM at Leisure World. Youth-led worship service at Church of Christ, 110 Pfeiffer Ave. @ 6 PM.