



Ways to practice Depth Over Breadth

At the beginning of each semester commit to doing a few things really, really well rather than spreading yourself too thin.

What is Depth Over Breadth?

Meaningful engagement leads to self-efficacy, greater commitment and higher satisfaction in many aspects of our lives. When we practice "Depth Over Breadth" We ask ourselves what matters most and invest our time in those areas.

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Ask yourself, "Does this bring me joy?"

If the answer is, "no" more often than not, then it may be time to reevaluate your motives for the involvement.

There is good stress and bad stress, keep that in mind as you gauge the ways your involvement makes you feel.