

ALL POINTS
mobile shredding



ALL POINTS
medical waste



Your Free Monthly Shred & Med Waste News!

February 2021

Your Monthly News & Updates

As the leader in information management, destruction and medical waste disposal, we continue to set ourselves apart from the competition by offering our clients piece of mind combined with the very best service.

Visit Our
Website

Valentine's Day Special

Bring 3, Get 1 Free!

Bring 3 Boxes of Documents to our Friday Shred Event and get the 4th Box Shred for Free!



Friday Shred Events: Peter's Hardware in Stuart (US-1 across from McDonald's). 9:30-10:30am.

Everything is Shred On-Site!
We can destroy your Hard Drives too!

For More Information, call: 772.222.3266

**No-Touch Friday Shred
Events at Peter's
Hardware**

offering "No-Touch Shred Events" for your confidential documents and hard drive and media that needs to be destroyed.



When? Fridays from 9:30-10:30am

Where? Peter's Hardware, 975 SE Federal Hwy in Stuart FL (Across from the McDonald's on US-1)

What? All confidential documents, hard drives, and media

How Much? \$20/box (Cash only. Credit Cards for 5 or more boxes). \$25/hard drive if it's out of the tower. Extra \$10 to remove from the tower.

Important: Please place all your documents in your truck and remain in the car. Our Experts will do all the heavy lifting

Everything will be shred on-site!

**For More Information Call Now:
772.222.3266**

Health Benefits of Waking Up to Music

Waking up to a beeping alarm can actual cause you to feel groggy and clumsy. A study conducted by RMIT University suggests that waking up to music or any melody causes your brain to be more alert and less groggy.



The lead author of the study stated "If you don't wake up properly, your work performance can be degraded for periods of up to our hours, and that has been linked to major accidents."

It is believed that a harsh beep, beep, beep alarm sound may disrupt or confuse our brain activity while a tune from the Beach Boys may help us transition into being awake in a more effective way.

Source: Tech Explorist

Helping Students STOP Procrastinating

It is estimated that 80 to 95 percent of college students procrastinate and about 75 percent consider themselves procrastinators while 50 percent to it "consistently and persistently."

Procrastination is believed to be caused by carelessness. But studies show that is false. Instead the underlying cause of procrastination is usually:



(1) fear of failure, or

(2) confusion about the first steps of the assignment.

Joseph Ferrari, a professor at DePaul University and leading expert on procrastination found that college students often procrastinate because of indecision. They spent too much time worrying about an assignment and procrastination is actually a coping mechanism to prevent stress.

Ferrari further found that another reason students procrastinate is fear of criticism. They can blame low grades or missing the deadline on procrastination rather than lower their own self image.

Here are 2 tips to encourage students not to procrastinate:

- Space out Deadlines - Instead of giving students a big project with a single deadline, teachers should break them it into smaller tasks. Even if the teacher doesn't do this, students create these deadlines themselves by setting a due date for a first and second draft of a paper before the big one is due.
- Build Time Management Skills - One study showed that students who lacked skills of knowing how much time to allow for studying or when to ask for help had lower grades than those with higher metacognitive skills. Students should learn how to plan and manage their time to maximize success in college and beyond.

Source: Edutopia

All Points Mobile Shredding & Medical Waste | 772.283.4152 | info@shredwithme.com |

www.shredwithme.com

STAY CONNECTED:

