

ADJUSTING TO STUDYING AT HOME CAN BE DIFFICULT - PROCRASTINATION AND DISTRACTION CAN HAPPEN EASILY BUT WITH A LITTLE BIT OF PLANNING AND ORGANISATION, HOME CAN BE AN EFFECTIVE (AND COMFORTABLE) PLACE TO LEARN ...

... TRY THESE 6 WAYS TO STUDY MORE EFFECTIVELY AND KEEP FOCUSED:



A BURST OF 45

It's not always easy to sit down and crack on with work straight away. To boost your motivation try setting a timer for **45 minutes**.



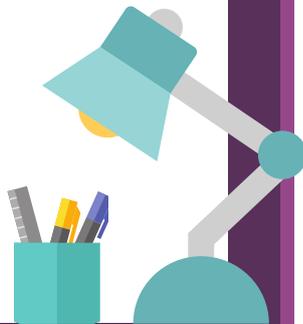
You will probably find that the timer will go off sooner than you expect too! The more you practise this way of studying, the more organised and **disciplined** you will become.

FOCUS POCUS

Whether it's the kitchen table or the desk in your bedroom, find an area with the least distractions and create a **designated study zone**.

Try to reserve your bed for sleeping and avoid studying in it (it can be all too easy to take a nap!)

If you cannot find somewhere quiet, pop in some earphones - there are plenty of study playlists available on Spotify and YouTube to help focus your mind and keep you in the zone.



HITTING THE RIGHT NOTES

Reduce: go through your notes and write a **summary** of your ideas and facts using key words as cue words.

Reuse: revisit questions you raised and try to answer them creatively. If you are stuck, collaborate with your classmates and open it up for debate.

Recital: either write down or recall out loud the information you have just been reflecting on. If you struggle, add this card to the review pile - to keep returning to until you are confident with it.



TAKE TEN

To ensure you are having an **effective break**, get up and leave your work station. You've earned this time, so enjoy it!

Go make a drink, grab a snack and take in some fresh air. Check in with your group chats and see how everyone is getting on with their day.

Before heading back, make sure you get anything that you need to make sure your next study session comfortable.



UP NEXT

Procrastination often hits us when we know we have a lot to do and worry about where to start. At the end of each day, take time to write a schedule for your next study session.

Prioritise what needs your attention first, and set realistic deadlines to work towards. Make sure you give each of your subjects attention and dedicate either a full day or half a day to each one throughout the week.



COOL DOWN AND NOD OFF

Make sure you take the time to enjoy your evening and **calm your mind**. Try to limit your screen time - especially an hour or so before you head to bed.

A good nights sleep is a **crucial** part of studying. It is a chance for your brain to digest all it has taken in during the day and store the information for an easier recall.

