

## Setting yourself up for effective study – dangerous distractions and how to deal to them

- Study requires you to take in complex information and connect different ideas. This requires your undivided attention. Social media, gaming, flicking between multi-tabs on your browser, steams and your phone are all a problem. Cut them out during study time. Put your phone away in a drawer, your bag or even impress your mum, and give it to her.
- Successful multitasking is a myth. Switching between different tasks plays havoc with your attention and your ability to retain crucial information. It takes much longer to do the task you're supposed to be doing! Turning your serious efficient study sessions into silly disorganised playing-at-study sessions. Honestly, you may as well do anything but study.
- Instead, make every study session count. Study without distractions. Be organised. You will reach your study goals quicker. You will have more time for other things you enjoy. Plus, you'll feel great!
- Act decisively on eliminating distractions. Early effort means big rewards.  
**Things you can do:**
  - Use your **Study Planner**. Stick to your study routine; set your study times in advance for each week. Plan your work and work your plan.
  - Use **Pomodoro** to break up your sessions in a structured way. 20mins study 5 mins break x 3.
  - Use your computer for **only the study task**, close all irrelevant apps and tabs.
  - **Turn off your social** and email notifications on your computer.
  - **Put away your phone** (or give to your mum).
- If you find yourself being distracted, take it easy on yourself. It happens to everyone, it's ok if you struggle to focus at times. It's totally normal to get distracted when stressed and anxious – and it's normal to get distracted when excited and happy. Calmly bring yourself back into focus.
- Sometimes a wandering mind can help your learning, especially if you are making cross-connections between subject matter. The trick is to realise it is happening, think about what you need to, and bring yourself back on track to get your planned work done.