
Tips to Deal With Distractions

- Put away your phone and set a timer for how long you should study. Try studying for 50 minutes and then reward yourself with 10 minutes of screen time.
 - Go to a quiet place where you can eliminate distractions.
 - Set goals for yourself to meet while you study and reward yourself as you meet them.
 - Find a place that allows you to have space for all your study materials.
 - Avoid choosing high traffic, high noise, and high activity areas for studying.
 - Organize what needs to be done and set your priorities based on what must be completed first and for which class.
 - Use 2 sources of lighting, like an overhead light and a desk lamp. Poor lighting causes your eyes to tire quicker.
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