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.