



Techniques for Focus

Clean Environment

- Clean space = clean mind
- Get rid of non-academic distractions like games, hobbies, etc.
- Make sure you have all **appropriate materials** like pens, computer, folders, etc.
- Only have **ONE** designated study spot for studying and studying only. For example, your brain registers your bed for sleeping, not studying, so do not do work there.

Rewards

- Serve as motivating milestones to track study progress and allow you to stay focused
- Make sure your rewards are **realistic**
- **Ex)** A gummy bear for each vocab word you learn.

Healthy Habits

Sleep affects your concentration.
Fun fact: lack of sleep induces behavior similar to being drunk.. SO SLEEP >:(

Mindfulness exercises (or meditation) will “rewire the brain so that attention is stronger in everyday life”
- neuropsychologist Kim Willment.

Exercise activates the brain through increased blood flow and the production of brain proteins, resulting in improved memory, cognitive performance, and alertness.

Pomodoro Technique

- Study in 25 minute increments with 5 minute breaks.
- After 4 study sessions, take a longer break of 15 minutes.
- There is no need to intentionally stop for breaks if you do not need it
 - ex. while in your flow state

Train Your Brain to Stay Focused

Frequently monitoring your ability to concentrate on a single task will strengthen your overall focus. Concentration is a skill, the more you practice it, the easier it will be

