

Learning to learn toolbox

2. Concentration and managing distractions



No phones

It's better to keep the phone and other devices in the bag, if not needed.



Create a "To-Do" List

Write down all tasks to keep your mind organised and avoid wasting time with unrelated activities.



Use Background Music or White Noise

Choose instrumental or classical music can create a peaceful atmosphere that's great for concentration. White noise, like the sound of rain or waves provides a steady sound that drowns out other noises



Set a Study Timer

Use a timer to break study time into blocks (e.g., 25 minutes on, 5 minutes off). This keeps the brain focused and prevents burnout.



Set Clear Goals

Knowing exactly what you need to accomplish reduces the temptation to get distracted. Write down a goal for each study session.



Break Down Study Sessions

Use short, focused study periods with mini breaks in between (like the Pomodoro Technique) to stay energized and avoid burnout.



Keep Water and Snacks Nearby

Staying hydrated and having a small, healthy snack nearby can keep you focused without needing to leave your workspace.