

6 TIPS TO STAY FOCUSED

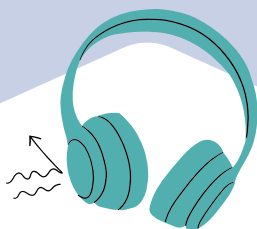
Even when you set time aside to study, it's easy to get sidetracked. If distractions keep up, try some tips to sharpen your focus. Still struggling? Book a chat with an OAR staff member to tailor a study strategy that works for you.



QUIET ZONE

Find Your Study Zone

Keep your study spots dedicated just for learning to avoid mixed signals to your brain. Whether it's your desk or a quiet corner in the library, make sure it's a place where you only focus on your work.



Control the Noise

Discover the best sound environment that helps you concentrate. Maybe it's silence or perhaps a bit of background music—experiment to find what helps you zone in, especially if it differs by what you're studying.



Manage Tech Temptations

Keep your gadgets out of arm's reach to stay on task. Use apps to block distracting sites when you're studying to keep social media and other distractions at bay.



Prep Your Materials

Have all your books, notes, and tools at the ready before you dive in. This way, you don't break your concentration having to fetch something you forgot



Keep a Worry Pad

Scribble down any random thoughts or reminders that pop up on a worry pad. This little trick helps keep your mind clear and focused on studying, and you can deal with these notes later!



The STOP! Technique

If you notice your mind straying from your study tasks, firmly tell yourself, "Stop!"—out loud and with conviction. Recognizing that you're losing focus and deciding to redirect your attention can really help snap your brain back into study mode.