



The **CENTER for STUDENT SUCCESS**

Study Skills Tips: Avoiding Distractions

Designate Specific Area For Class

Designating a room or space for doing work can help with limiting distractions. Having a space set aside for doing homework helps keep your mindset of being in a classroom. Be sure to keep the area clean! That will also increase your focus instead of being anxious about the mess around you.

Tips To Unplug

- *From Internet* Practice turning your Wi-fi off when you do not need it. Use Microsoft Word to write assignments to avoid being on the internet. Find apps that limit your time on different social media sites you tend to frequent. Try to schedule times of internet usage to make it something you look forward to instead of something you are trying to stay away from.

- *From Phone* Consider using Do Not Disturb on your phone to limit notifications. Think about putting it somewhere you cannot easily reach or see it so you are not constantly tempted to check it. There are also some apps you can use to limit the usage of time spent on your phone (Offtime, Moment, etc).