

How to Reduce Study Distractions



Choose a place to study that is quiet and where you won't be easily distracted.

To avoid temptation, don't turn on the TV until you've done all of the work on your schedule for that day, or have completed a task and are taking a limited TV break.



Ask yourself whether you really need to watch that extra half hour of TV or have a two hour nap or tidy your room.



Leave your cell phone in another room and ask others not to disturb you.



Although it is important to schedule time for relaxation, try your best to avoid convincing yourself that you will work a little later or do the work tomorrow.

Turn off your social network (Facebook, IM, Myspace, etc.) on your desktop while you are working on the computer.

This is when you want to find ways to focus on study!

You may also subscribe to the study tips podcast at <http://LSS.edgewood.edu>.