**Let’s Study!**

Environment:

* Collect everything you need to study before beginning (e.g. textbooks, drink, snack, pen, paper, etc.)
* Try body doubling. Ask a friend to study with you or put yourself in an environment where other people are studying, such as the library.
* Do you work better alone? Consider booking a study room in the library.
* Put your phone on silent. Better yet, put it in your bag or a drawer so it’s harder to access.
* If “traditional” study environments like the library make you anxious, try sitting in a cafe, in a common area, or outside.
* If you need background noise, avoid music with lyrics you can understand. Use white noise, video game music, or instrumental music instead.
* If you need a sensory deprivation chamber, ear plugs and facing away from a window or door can help.

Timing:

* Check in with yourself. Are you hungry, tired, overwhelmed, or in a hurry? Don’t study until you resolve these conditions (if possible.)
* Block off time in your schedule to study. Be realistic.
* Choose the time of day you are most alert and motivated.
* Choose a time where you know you will have minimal distractions or interruptions.
* Take breaks. You can only focus for about 45 minutes at a time even under ideal conditions. The Pomodoro Method can help you schedule breaks.

The “Trick Yourself” Method:

1. Have all study/assignment materials on hand. Open all readings in separate tabs. If working on an assignment, copy/paste the instructions into a new document or open the assignment template. Do this before you set up your decoy task.
2. Decide on a decoy task. This could be watching a fun video, working on a craft project, coloring, playing games on your phone, etc. It could even be another assignment. It just has to be something you can do while in your work area.
3. Begin the decoy task.
4. When you get bored of the decoy task or have an idea, tab over to your assignment/notes document/reading and work on that until you get bored. Keep switching between the decoy task and actual task.