

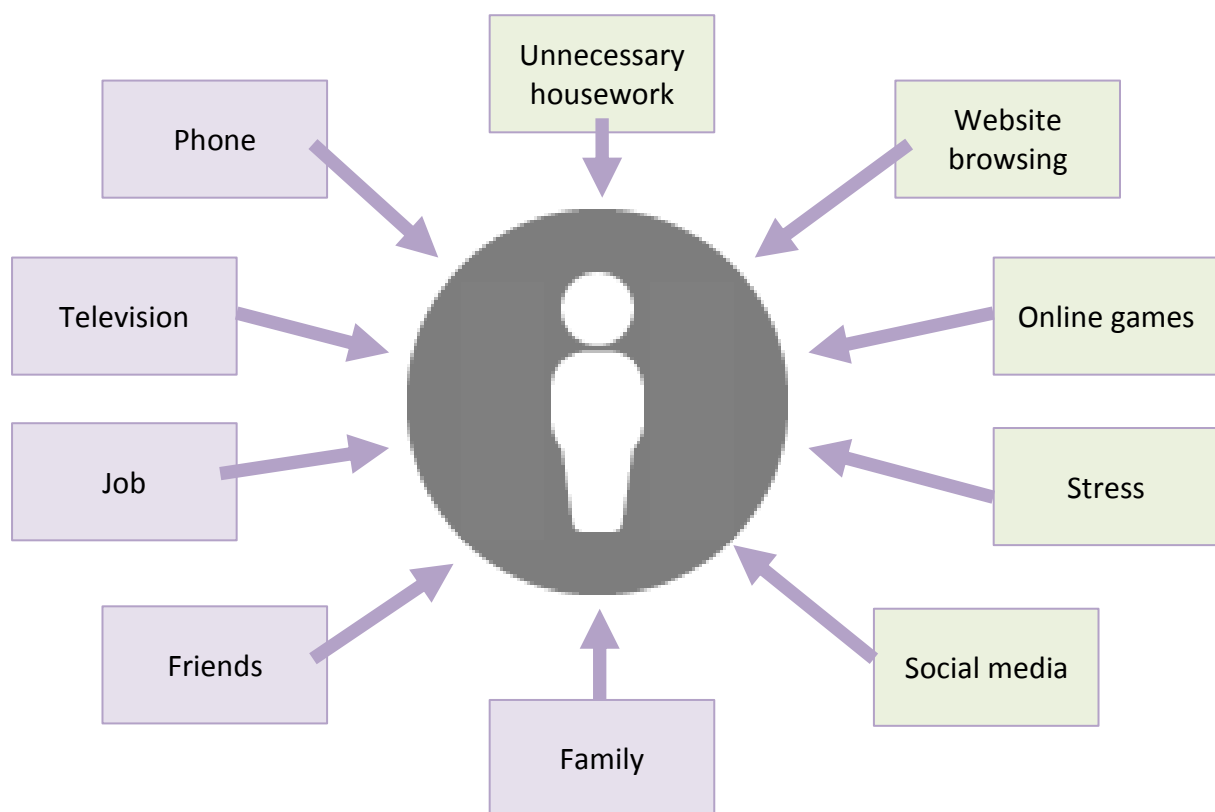


Avoiding common distractions

Introduction

When you are studying, it can be very easy to get distracted. These distractions are called procrastination – when you try to put off the moment when you have to start writing that assignment or starting that revision.

The following are common distractions that can stop you from studying.



How to avoid distractions

- Set up a study timetable
 - Do not study with the television on
 - Turn off your mobile phone
 - Focus on your assignment for a set period of time and then reward yourself by using Facebook or looking at a website that interests you
 - Do not look for extra tasks that need doing
 - Tell your family and friends when you will next be free. This will motivate you to finish your work
 - Avoid taking extra shifts at work during busy periods at University
 - Identify ways of managing your stress
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Further information

The Learning Resources Study Hub provides a range of opportunities (such as workshops and drop-ins) for you to enhance your academic skills. For more information visit:
lrweb.beds.ac.uk/studyhub

