

Analysis of Distractions from Studying

<i>Distraction</i>	<i>Possible Solutions</i>
Fatigue, being tired	Schedule toughest study time for when you're normally at your best; break up long study periods with short (no more than 10-minute) diversions every hour or so—a walk around the building, a stop at the kitchen for a light snack or drink...
Other people	Choose a study space that's set apart, when possible. Or make a do-not-disturb sign. Or tell that friend that wants to chat that you need to get back to work, and will catch up later...
Poor study area	Find a less-poor area, or, if you're stuck, look for ways to make this space work (better lighting, etc.)
Telephone	Turn it off! Check for messages on your breaks, and plan specific times to return calls/texts, as much as possible...
Television, other entertainment media	Turn it off! Make study time count, and turn TV-watching, etc. into a reward for getting the job done (<i>we don't recommend using media as a break activity—it's too easy to lose track of time</i>)
Computing (online chats, Facebook...)	Turn it off! Save it for when you have time to get lost in communication...
Lack of goals	Have a plan for your study time: what materials do you need? What will your short-term objective be for this particular stretch of time?
Too many things to do	Thinking of your big-picture goals, what's high-priority? What needs to stay on that to-do list for this particular time? What can wait for another time? <i>Planning HELPS!</i>
Time of day	Work to your strengths—plan the hardest work for the times in the day when you have the most energy and the clearest head. Save the no-brainers for your least-alert times.
Beginning of an activity	Make a list of things you want to accomplish in the next hour/2 hours...
Middle or end of an activity	Look up for a minute, do a stretch. Review your progress toward completion and set your next goal for this study period
Boredom	Turn it into a game; tell a story, teach a roommate...
Personal problems	Put it in a box—write the concerns down and promise to come back to it later.
Daydreaming	Set a timer for 15 minutes—are you still on task?
Anxiety or fear	Put it in a box....
Habit	Develop new habits