



4 top tips

How to Focus on Studying

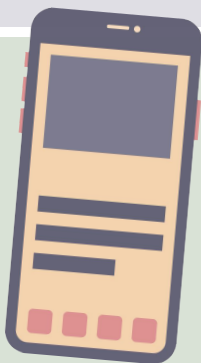
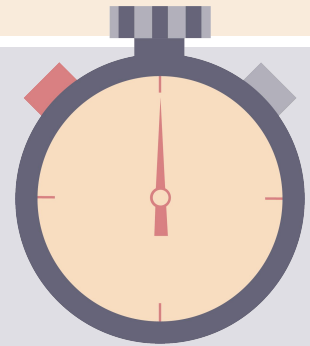


1. Have a clear, realistic to-do list

Each study session should have a clear, achievable goal.

2. Set a timer

Work in manageable chunks of focus time and take frequent short breaks.



3. Hide your phone

Minimize distractions.

4. Know your “why”

Keep your overall timeline and goal in mind, e.g. which subject or exam you are studying for.

