

Improve your attention span

THE STAR 09/02/2017 MS.17

EVERYONE goofs off sometimes but if you spend too much time on YouTube instead of studying, you might waste so much time that you start failing in your studies. So if you have trouble maintaining a decent attention span, here are some tips.

Get seven hours sleep a night

Sleep deprivation is a torture. After a day without it, you become clumsy and can't make rational decisions, after a couple of days you'll begin to hallucinate. So don't torture yourself: you need a good night's sleep every night in order to keep your brain buzzing along efficiently.

Write a to-do list

You need to set yourself clear goals so that you can track how you're doing and to help you focus on what must get done. Also, it feels

really good to cross things off.

Electronic is okay but paper and pen can be even more satisfying when it comes to crossing items off.

Work in downtimes

When you're waiting for the bus, you can read a chapter of your book. When you're walking to class, you can visualise that presentation you will be graded on. When you make that list, work out what you can do while you're busy doing nothing.

Switch off your phone

It is nice to see who's doing what on WhatsApp but unless someone is in hospital or in an emergency situation, you can live without it. So switch it off and concentrate on what you are doing.

Reward yourself

If you are being super good during the day, you get time off to do what you love most.

So block time in your schedule that is your own wild time.

Tip: try for five minute refreshers here and there in a busy day, and at least one big block of time during the week where you can do something substantial like hiking or playing football.