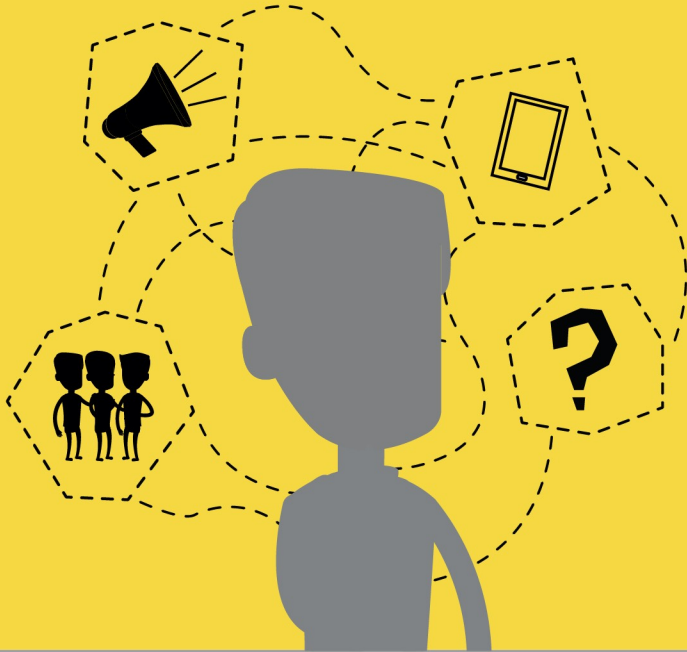


STUDYING 101: MANAGING DISTRACTIONS



WHAT IS A DISTRACTOR?

Anything irrelevant that has the possibility of capturing my attention for more than a passing moment.

Distractors differ amongst individuals. What is distracting for one person may not be for another (e.g., listening to music while studying).

HOW TO MANAGE DISTRACTIONS?

Identify what distracts you, and develop a personalized strategy.

Ask yourself: “Can I prevent this distraction from occurring? If not, what can I do to minimize its effects?”

LEARNING RESOURCES



COMMON DISTRACTORS:



TYPES OF DISTRACTORS	EXAMPLES	TIPS TO MANAGE
SOCIAL	Friends Family Other people	<ul style="list-style-type: none">• Study with peers who share the same academic values• Practice assertiveness if others try to interfere with your study time
TECHNOLOGY	Cellphone Social Media Emails	<ul style="list-style-type: none">• Use apps that blocks social media• Turn your devices off or leave your phone at home
EXTERNAL ENVIRONMENT	Background noise Light Temperature Smells	<ul style="list-style-type: none">• Be comfortable• Choose the environment that works best for you (i.e. quiet library or a busy café)

