

How to Avoid Distractions While Studying Online

Create the study plan

- Plan out your asynchronous classes
- Manage online classes as in-person classes
- Understand your peak time to study effectively



Block the unnecessary notification



- Mute unwanted notifications on your phone and learning device
- Utilize different apps to block notifications
 - Forest app for mobile devices and SelfControl for desktop (few examples)

Take the 10-minute break

- For every 45-50 minutes of studying, take a 10-minute break to allow yourself to relax to improve concentration.

Organize your study space

- Ensure your study space is clutter-free
- Organize your study material before studying



Comfort and workspace ergonomics

- Ensure that your study space has proper lighting, temperature, and power outlets
- Ensure that the screen is at eye level, feet touching the floor, and maintain a proper sitting posture
- Keep snacks and water nearby

Understand your distraction

- Reflect on what is keeping you distracted when studying.
- For example:
 - Do I have a lack of motivation to complete the assignment?
 - Is the topic challenging for me to understand?
 - What happens right before I get distracted?
- Define and acknowledge the distraction

Morrison, Chris. "Staying Focused: How to Avoid Distractions Online." *Sallie Mae*, Sallie Mae, 1 May 2020, www.salliemae.com/blog/avoiding-distractions-online-classes/.

"Student Tips: Reducing Distractions at Home." *Hallmark University*, 5 May 2020, hallmarkuniversity.edu/student-tips-reducing-distractions-at-home/.