

6 Quick Tips to Refocus

Remove distractions and refocus so you can optimize your studying with these tips from Science Peer Academic Coaches



TRY POMODORO

- Struggling with time management? The Pomodoro technique uses a timer to set alternating intervals of study and break (e.g. 25 minutes study, 5 minute break).
- Assign small “chunks” of tasks to each interval so you can focus during those 25 minutes and reach your daily goals.



GET A HOT DRINK

- Sometimes it's the small things in life that can get you back on track.
- Enjoy a cup of tea or your favourite hot drink and take your five minutes (see Pomodoro above) for yourself.



UNPLUG

- Download your slides or assignments onto your computer and disconnect from the internet. This way your mind only focuses on the task at hand.
- Use a website blocker to remove online distractions.



TAKE A BREAK

- Relax your eyes and take a break from your screen. Look out a window and watch the clouds, go outside for some fresh air, do some [breathing exercises](#) or [stretch](#) for your five minutes.



CHANGE LOCATION

- Get up from your seat and find a comfortable chair with your laptop or notebook. Can't find a good spot? Discover [UBC's lesser known study spaces](#).
- Add some sound to your environment, we recommend white noise or instrumental so that it doesn't distract you.



EXERCISE

- Whether you do 50 jumping jacks in your room or bike to class, exercise releases endorphins and fights cortisol (stress hormone).
- When you're exercising, your mind also shifts its focus from the stressors to your current activity.
- Check out all the fitness programs [UBC Recreation](#) has to offer, including drop-in classes, intramurals and aquatics.