**Making your Study Break Work for You**

*“I will study for a few hours and then take a break and watch some TV”* How many times have you said this, or something similar? Chances are you have said this a lot.

Question:

**“*When you are studying for ‘a few hours’ how much time do spend studying and how much time are you on your phone, Facebook, or just trying to concentrate?”***

Instead of spending hours trying to stay focused, getting distracted, break you studying into chunks. Designate each study chunk to just studying. You can check your phone once you are done.

*Discover your concentration length. Next time you are sitting in class, studying, or working. Note the time you start. When you stop paying attention look at the time again. That is your concentration length. (Usually 20-40 minutes)*

Study until you feel your concentration go. Finish the section you are working on

Take a 5 minute break. No phone, no Facebook. Get some water, take a walk. Recall what you have been studying. How well did you remember?

Now you can check your phone update your status. Heck you have gotten so much done why not go to a movie? Guilt free fun allows for you to enjoy your fun more and do something that you really enjoy doing

Break time. Remember quick, 5 minutes. Get your blood pumping, Relax, You are doing great ☺

Go back to studying. Remember this is study time. Keep your phone off. Stick to your study schedule

**Did you have something that needs to get done pop into your head and now you can’t stop thinking about it? Try writing it down on your To DO List! Now you can focus on studying because you know it will get done and not be forgotten.**

Last stretch of studying! Use this time to go over what you have studied. How much do you remember? What should you spend more time on?