

A good meal before studying can be productive, give your brain the power boost!

Four stages Steven Kotler explains that we go through in order to get into flow: (performing at your best)

Stage 1 – STRUGGLE.

Stage 2 – RELAXATION.

Stage 3 – FLOW.

Stage 4 – CONSOLIDATION.

link below

https://www.youtube.com/watch?v=XG_hNZ5T4nY

What kind of task can you do with low energy?

Have you planned and organised your notes.

Is your study area neat and tidy?

Break down your study sessions into smaller tasks.

Taking breaks from screen time, its a great idea.

Mind mapping creating a visual roadmap for your thoughts.

What is The Pomodoro Technique

The Pomodoro Technique is an effective time management method that encourages you to maximize your time.

It was developed in the early 1980s by Francesco Cirillo, a university student who struggled to focus on studying.

How to use the Pomodoro Technique

The forced breaks are necessary to clear your mind and prevent burnout

- Set a goal
- Set a timer
- Work on task
- Take a short break
- Track how you got on
- Repeat track and adjust

Getting a good night's sleep before studying is crucial?

Listen to some Music



You Can't Multitask So Stop Trying

(By Paul Atchley)

Taken from the Harvard Business Review

link below

<https://hbr.org/2010/12/you-cant-multi-task-so-stop-tr>

List of things to do here

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How about a walk for some fresh air, a change of scenery, and a dash of nature.

vector photo of a path

Managing Yourself

The Buffet of Inspiration

by Tonia Vassell