



CREATING A WORKSPACE

It is normal to get distracted sometimes, but the key is to recognise when you are getting distracted and to do something about it.

Here are some things you can do to keep yourself focused:

If possible, have a copy of your study timetable pinned up to remind you of your schedule.

Ensure you have any resources you may need (pens, rulers, calculators etc).

Have a separate folder/box for each subject, and organise by topic.



Organise your study space and keep it tidy.

Make sure your family and friends know that you are revising and ask them not to distract you too.

If you know there is something you are likely to get distracted by, for example your mobile phone, put it on flight mode or remove it from your study zone altogether.

Remember, if you do get distracted, don't give up. Think about why it happened, adjust your plan and make sure it doesn't happen next time.