

Managing Technology Distractions

Tips For Successful Study/Homework Time

Set Your Phone To "Do Not Disturb" Mode

Put Your Phone In A Spot Where You Can **NOT** Easily Reach IT

Close Any Tabs **NOT** Needed To Finish The Assignment

Use A Split Screen Instead of Switching Tabs

Use An Approved Timer To Monitor Work/Break Sessions

Do **NOT** Study Where You Play Video Games

Jot Down Your Thoughts Or Distractions - For Break Time

