

# FIND YOUR GROOVE: PRODUCTIVITY TIPS AND TOOLS FOR STUDY SUCCESS

IN COLLABORATION WITH PREVIOUS WARWICK STUDENT, HARRY SUN

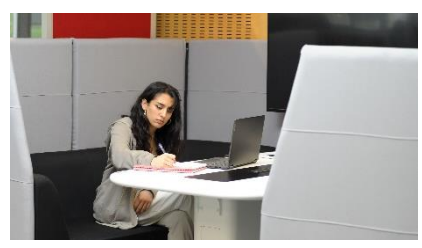


With so much going on around us and so many commitments to juggle, here are some top tips to help you regain focus and master the art (or science?) of getting your work done on time, every time from **previous Warwick Student, Harry Sun.**

### Phones Off

It's tough, but if you really want to get in the zone and finish that essay or prepare for your next exam, it's best to keep all of your devices on silent.

For those of us using Apple devices, 'Do Not Disturb' mode syncs throughout your devices, making it extra easy to resist the temptation to respond to messages from friends. For those of us on Android or other devices, 'Focus Mode' and other digital wellbeing settings are available for you to help manage your screen time.



Or you might like to use other apps, such as [Forest](#), which allows you to plant virtual trees while you are not using your phone.

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*Studying at university is a marathon not a sprint.*

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### Get in Your Zone!

For some, silence is golden. For others, they can't stand working in absolute silence. Either way, the Library has study spaces for your exact needs.

With collaboration areas on floors 1 and 2 and the silent and quiet floors on floor 3 and up, you can find the right zone for you in the Library.

Be sure to check out some of the satellite sites across campus in Rootes Learning Grid, BioMed Grid and University House to find somewhere closer to your classes.

### Use the 'Pomodoro' technique

We all know that rewarding ourselves will motivate us to keep going. Be it after a

hard workout at the gym, or after a gruesome essay-writing session, we all love a treat. This nifty trick motivates you to work by segmenting time into small chunks of 20 minutes. After your first chunk of work time is up, you get a five-minute break, which is further extended into 10 minutes after every hour of work.

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Getting work done at university is not a sprint but a marathon. Pace yourself, and more importantly, reward yourself for the hard work done.



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The Library runs focused study sessions such as [Write Here, Write Now](#) and [Revise Here, Revise Now](#) that make good use of the Pomodoro technique to manage your time and implement healthy study practices. You can find out more information about these sessions and more on the [Library website](#).

### Study with others (or not!)

When it comes to studying, it really is all about you. Some people find studying in a group to be more enjoyable, and can hold each other accountable.

For others, studying with friends often slowly morphs into a social session that ultimately ends with us getting food and drinks in a café or making plans for the pub.



Either way, find your style – if working in groups is your way to go, find people who will help you focus, not lead you to the pub!

### Find a tool to help you

If you struggle to be productive, it's worth knowing that there are tech tools out there that can help you. The Library website has [Productivity Tools](#) to help you with everything from mind mapping, to note-taking and referencing.

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*Pace yourself, and more importantly, reward yourself for the hard work done.*

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*Studying at university is a marathon, not a sprint. Try different things to find what works best for you, pace yourself and recognise and reward yourself when you work hard. Happy studying!*