

# STUDY HACKS FOR THOSE WITH SHORT ATTENTION SPANS

## IN COLLABORATION WITH PREVIOUS WARWICK STUDENT, HANNAH



Study tips like to do lists and study schedules may work for many students, but for those with short attention spans, university work isn't quite so simple. **Hannah explores some tips for those who need a little more help to stay focused.** While the methods you need might not be the same, with the right techniques you're sure to be successful!

### Find your level of background noise

Personally, I can't stand studying in silence. I only visit the Library floors above Level 2 (where it's silent study only) when I need to take out a book, and then I get out of there as fast as I can! My brain needs just the right amount of stimulation to be able to properly focus on my work. Experiment and see what works for you!

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*...it's so important to give yourself a break from work.*

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I tend to change between instrumental music if I'm in a noisy environment, instrumental music with ambient sounds (like talking or rain) for a less noisy environment, and music with words but 'from another room' (YouTube it - honestly, life changing!) for a quiet environment. It took me several years of forcing myself to sit in quiet study spaces before I figured out

what I wanted in my work environment, just because I thought that silence is what a student 'should' need for productivity.



### Move, move, move!

I often describe myself as the Shark of Studying - I have to keep moving, otherwise I'll drown! Don't be afraid to 'space hop' around campus - moving from place to place in order to stay motivated. If I'm on a day where I feel like my focus is particularly low, but I need to get lots of work done, I'll quite often move study locations every two hours or so.

Aside from the Main Library, there are other satellite sites around campus such as University House and Rootes Learning Grid. Some of my other favourite study spots are

NAIC Cafe, Warwick Arts Centre, and, of course, the Oculus.

If you're someone that likes quiet, I'd also recommend booking a room on the [Warwick Room Bookings Service](#) for an hour or two.

Varying your space and surroundings can help keep your mind alert and can also prevent a long study day from feeling quite so claustrophobic. Moving from place to place can also force you to take a much-needed break and refresh your brain. If you can, take the long route on your walk - campus is so gorgeous this time of year!

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*Experiment and see what works for you!*

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### Time limits and breaks

This is a classic study technique, but I suggest sticking to it. Every hour or so (half hour if I'm particularly demotivated) I'll reward myself with a

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break in some way. Whether it's a fun snack, ten minutes to scroll on social media, or a chunk of time to catch up on TV, it's so important to give yourself a break from work.



Organising meetings with friends or tutors can also help break up your day - although discussing an assessment might not be a brilliant reward, the chance to speak to someone else and use a different part of your brain can help prevent fatigue if you have a long day on campus.

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Studying with a peer can also help force you to take these much-needed breaks - although stopping work for ten minutes can feel like a waste of time early in your study period, your brain will thank you later!

*If you need more motivation getting started, you can attend the Library's [Write Here, Write Now](#) and [Revise Here, Revise Now](#) sessions which are focused study sessions that use the Pomodoro Technique of 20 minutes of work, 10 minutes break which are designed to keep you accountable and get started on the work you've been procrastinating.*

*Happy studying!*