

#### Nightly Routine

- ✓ Plan for two hour blocks
- ✓ Divide each block into twenty (20) minute sessions
- ✓ Make the break the reward
- ✓ Reduce external noise/distraction

#### Parents & Friends

- ✓ Reduce the stress
- ✓ Meals at regular time for study planning
- ✓ Commit to be 'offline' whilst you study / do homework

#### Exam and Study Schedule

- ✓ Place your schedule in a visible place
- ✓ Be accountable by asking for support
- ✓ **Daily** commitment reminders

#### Self

- ✓ Put the devices out of reach
- ✓ Priority exam/test/assignment list: Start with the first and/or challenging exams/test/assignment