



### Eliminate Distractions

There is a little chance that exam preparation with your friends will get you anywhere. Surely, it's more fun, but your focus will be sparse & fluctuating as you interact with others



### Set Deadlines

Working without time limits can be highly unproductive and demotivating. Separate your work into equal chunks and reward yourself after every small win.



### Don't stress too much

Every time you feel anxious & demotivated, try to be realistic and consider several scenarios of what will happen if you succeed/fail in a particular task.



### Eat Healthy & Exercise

Avoiding sugary drinks & junk food can boost your performance as your blood sugar levels won't jump like crazy. Sports is a good idea to get your blood pumping & feeling active



**8 ways**

**to stop**

**Procrastinating**



### Ask for help

Don't neglect what your teacher's have been telling you and don't shy away from asking for their help in or outside your lesson. It can have such a big impact on your grade!



### Motivation is key

Human beings are capable of much more than they can imagine. So instead of finding excuses to avoid studying or being last minute, visualise the bigger picture.



### Work when you feel alert

Listen to your body clock & notice when you yawn less. Don't torture yourself with Red Bulls or coffee, it's better to sleep for a while and staying alert for longer that day.



### Find what works for you

Each student has their own learning style, don't follow what others claim to be effective - use trial and error methods to find which technique works best for you.