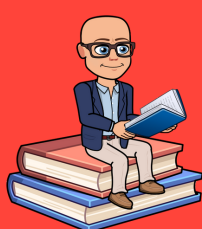




DON'T put it off. Give procrastination the boot NOW!



1

Start small.
10 minutes of
focus.

Starting is harder than carrying on. Our brains are programmed to want to finish what we've started, so if you can get going on a revision task, then you're more likely to feel motivated enough to complete it. 10 minutes will easily turn into 25 minutes.

25 minutes on,
5 minutes off.



2

Research shows that focussing for 25 minutes and then rewarding yourself with a small break helps transfer the learning into long-term memory.

3



Feel you're # 1.
Visualise
success.

Before you start, take a few seconds to visualise how you'll feel when you've done your 25 minute session. Smile and really feel the satisfaction. It's a great motivator.

Up 2,3,4,
Keep it up 2,3,4.

4



When you think that you have to master a topic in one go, it becomes daunting and therefore harder to start. But when you adopt the process, (the habit of consistently focussing for chunks of 25 mins) you automatically get to the desired end point. When you start walking anywhere it may seem far away but when you consistently take one small step after another, you get there in no time. You've just got to keep on walking.



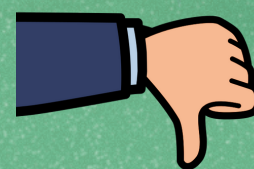
5

Just the 2 of us.
Find a good
study partner.

Be careful with this one; you don't want to be sitting with someone who is going to distract you, even if they are your bestie. So find a study buddy who has the same goals and intentions as you. Research shows that when you work in the company of another hard worker, you study even harder. When you share what you are doing with someone else, you become accountable for your actions and therefore you are more likely to complete your task.



Some other do's
and a don't.



- **Do** have everything you need organised before you settle down to revise (spending time getting your pens and books ready is not revising).
- **Don't** put revising off and then cram immediately before an exam (it just adds to the stress and is a very inefficient way to revise).
- **Do** make the space you're working in clutter-free and tidy.
- **Do** make starting revision a habit not a decision. If you do things automatically - a habit- they become easier to do. If you leave it to a decision, then it's easy to put off making that decision.