

Create a plan that sets you up for success

Build a time-boxed schedule

Assign specific blocks of time for work, school and personal life to create balance and reduce decision fatigue.



Dedicate a daily study time

Choose a consistent time each day for schoolwork to build routine and momentum.



Create a distraction-free workspace

Set up a clean, well-lit area with all necessary supplies to support focus and productivity.



Set digital time limits

Use app and website limits to minimize distractions and stay on task during focused work periods.

