



TIPS TO **AVOID DIGITAL** DISTRACTIONS WHILE STUDYING

It's important to eliminate as many distractions as possible to maximise study time. Here are some of Zeeko's tips to reduce digital distractions.

LIST:

- Turn off technology during class and study time.
 - Put your phone away so you don't see it.
 - Turn off notifications on your phone.
- Turn off unnecessary websites or apps that aren't necessary for the task.
 - Make a to-do list and aim to complete it.
- Remember your goals and aim to achieve them.