

10 WAYS TO TRICK YOURSELF into studying

1 RETHINK YOUR TO-DO LIST. By taking a closer look at all of the tasks you need to complete, you might change the way you see the activity you're putting off. If another task seems more difficult, you might find yourself starting the task you didn't want to do in the first place.*

2 CHANGE YOUR LOCATION. Ask yourself these questions when choosing a potential study location: What is the lighting like? Does it get cold/warm? What is the noise level? Is there anything potentially distracting? Do you study best alone or with a friend? And so on.*

3 ASSOCIATION. When you think of your study location, what comes to mind? What mental image do you create? What do you "associate" with being a good student? Use anything that might get you into the right mindset to hit the books, even if it's as simple as using your lucky pencil.

4 TREAT YOURSELF. After a set time of "focused work," reward yourself by eating a small snack, playing a quick iPad game, or catching up on your social media notifications. You can use this break time to your advantage! Choose something that will reinvigorate your mind.**

5 NOT ENOUGH? According to the Harvard Business Review, engaging in some form of multi-tasking (like listening to different music, a podcast, or saving a snack until a study break), can sometimes help you start a task you don't want to complete.**

6 PICK YOUR HOURS. Are you a morning person? Do you like to stay up late? Pick the hours where you will be most productive. If you like to go to bed early, don't save the most daunting tasks for right before you go to bed. Think about when you are most productive vs. most creative.***

7 PHONE A FRIEND. Use a "long distance" study buddy if you get distracted when working with others. Talk to a friend about the assignment (as long as it's allowed). Talking it through might trigger some insight into how you can complete it.

8 THIRD TIME'S A CHARM. Don't assume that any specific productivity tip will be the only solution for getting your work done. Test out a few different tricks to figure out what's best for you. It's OK to try something that might not work, but you'll never know unless you try!

9 GET GOING. If you can, **JUST START WORKING.** Begin with something small, then slowly add more as you gather momentum. Sometimes getting started is the hardest part of any study session. Start with a quick, 30 minute plan and then gradually add more time.

10 WEEKLY TO-DO LIST. Similar to #1, limiting your work on a day-to-day basis can make your list of tasks easier to tackle. Separate larger tasks into smaller, daily chunks. This will help create a healthy habit of working and studying.

SOURCES: *Lifehacker.com: <http://lifehacker.com/5987548/six-lazy-ways-to-trick-your-brain-into-being-productive>; **<https://hbr.org/2015/01/how-to-trick-yourself-into-doing-tasks-you-dread>; ***<http://lifehacker.com/5965826/seven-productivity-myths-debunked-by-science-and-common-sense>