

How to Stay Focused While Studying - Evidence-based Tips

Studies show that around 49% of people feel like their attention span is shorter than it used to be, and 50% of us check our phones on average every 12 minutes. There are some simple tips that can help us improve our focus, such as studying with friends and doing something fun every day. I used to do this at university by setting up a group called the Pomodoro Society. We would all get together and do 25 minutes of work, then chat for 5 minutes or watch youtube videos. This made studying more fun and it helped us to improve our focus. I also used to run Zoom coworking sessions, which are like mini adventures. They make it feel like you're doing something interesting and fun every day.

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