

Focus Your Day

A student's guide to a fun & productive day of online classes

By: Fraser Cashion & Roxy Diaz

University of Alberta, Department of Occupational Therapy Students



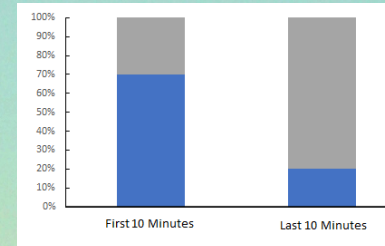
Designated Study Space

Having a designated space makes your work environment familiar. This can help you use less mental power to concentrate on your tasks [5,6,7].

Lunch Time



Take your lunch break. Extended study periods decreases concentration. Students remember 70% of first 10 minutes of a lecture, and 20% of the last 10 minutes [9].



Take a Break



Concentration drops after about 20 minutes. Take a break and come back your material fresh with more brainpower to engage [10].

Wake-Up



Morning



Noon



Afternoon



Evening



Exercise



Exercise can help increase academic performance. Exercise is especially important to add to your daily routine while doing classes from home as you are no longer walking to and from classes [1,2,3].

De-stress

Research shows that relaxation techniques can help students de-stress and prevent test anxiety [8].



Alternate Activities

Changing up your activities gives your mind a break, allows you to move more and helps you to prioritize your day [11].



Try yoga!

Yoga, when added to routine has been shown by research to help improve focus and concentration for students [4].



Explore Relaxation Techniques

These include: deep breathing, guided imagery, music therapy, colouring and aromatherapy. Find what works for you! [8].



Remember: motivation is the key to success

While working from home your peers aren't around you to keep you focused. Find personal motivation to augment your focus through the day! [12].

[Click Here for References](#)