

SIMPLE STEPS TO FOCUS ON SCHOOL

Make your success a priority:
Implement these steps in your life



1 IDENTIFY YOUR MOTIVATION

You're in school for a reason, remember why, and use that to push yourself! It's much easier to say no to the friend that just invited you to lunch at the same time as your next class when you remind yourself why you're there.



2 PREPARE YOURSELF BEFORE CLASS

Get to class ten minutes early. Sit where you will stay alert. Put your phone in your backpack and get ready to take notes! Those weren't just a torture method used by high school teachers, they'll help you in studies and homework.



3 PLAN AHEAD

Plan weekly or even daily instead of putting things off and cramming things in at the last minute. Schedule time for your classes, assignments, and weekly studying. Then enjoy your free time!



4 FIND A STUDY SPACE

Set aside a designated study space and make sure that when you're there, you're working. When you're done working, make sure you leave! Be strict about this so you're not tempted to pull up Netflix.



5 LIMIT ELECTRONICS

Set a rule that study time means your phone is off. Also, be strict about what tabs are open on your computer.



6 TREAT YO' SELF

After putting in 100%, give yourself the time to relax and rejuvenate! If you accomplished what you planned, go get something special, just for you!

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