

Forum:[Hack Forums](#)

Thread: [How do you stay focused/motivated at home?](#)

Axe - October 4, 2018, 5:38 am

I started college a couple months ago, but I'm having a little trouble staying focused. I have huge interest in the subjects, its just that I feel generally unmotivated. Do you have any tips on staying focused throughout a whole day studying at home? Preferably without study drugs.

rsx - October 4, 2018, 5:41 am

If you just need one day, pop an adderall promise you will be focused

Axe - October 4, 2018, 5:42 am

(Oct 4, 2018 05:41 AM)Shooter Mcgavin Wrote: [\[CITE\]](#) If you just need one day, pop an adderall promise you will be focused

Nah I was thinking in general throughout the semester

Croll - October 4, 2018, 5:42 am

Take regular breaks and do something off topic. Go food shopping, go for a quick walk, clean the house.

Axe - October 4, 2018, 5:44 am

(Oct 4, 2018 05:42 AM)Croll Wrote: [\[CITE\]](#) Take regular breaks and do something off topic. Go food shopping, go for a quick walk, clean the house.

Kinda do that already, I really want to be able to stick it out non-stop with a few 5min breaks inbetween. Thanks tho

blendedcookie - October 4, 2018, 9:23 am

I think that is the hardest part of any school. I would say try to break it up into small pieces and then just start. If you need to do a whole project make a list of all the parts like title page, intro, supporting images/evidence, conclusion. Then once you know what you need to do sit down and start. Even if you only work for 5 minutes you are that much closer to being done. I also recommend getting ride of as many distractions as you can, put your phone on the other side of the room on silent, have a snack next you with some water or coffee, the less reason you have to stop working the longer you will work and the more you will get done.

Axe - October 4, 2018, 9:25 am

(Oct 4, 2018 09:23 AM)blendedcookie Wrote: [\[CITE\]](#) I think that is the hardest part of any school. I would say try to break it up into small pieces and then just start. If you need to do a whole project make a list of all the parts like title page, intro, supporting images/evidence, conclusion. Then once you know what you need to do sit down and start. Even if you only work for 5 minutes you are that much closer to being done. I also recommend getting ride of as many distractions as you can, put your phone on the other side of the room on silent, have a snack next you with some water or coffee, the less reason you have to stop working the longer you will work and the more you will get done.

That's actually really helpful, thank you

Axe - October 6, 2018, 7:10 am

(Oct 5, 2018 02:55 PM)Nakura Wrote: [\[CITE\]](#) I don't. Being at home is too distracting. So I bring my notebook and other material to the library to study. Easier to study in an environment where

everyone else is doing the same. Also I recommend trying the pomodoro technique (25min work, 5-10 min break: Three times. Then take a longer break like 25 min. Repeat); there's a bunch of good android apps.

Yeah I was thinking the same thing. Think I'm gonna do most of my studying at the campus.

Kuri - October 6, 2018, 11:15 am

Failure can be quite the motivation, I would say if you don't have the drive to study at home efficiently, Go to the library, coffee shop etc.

Axe - October 6, 2018, 11:48 am

(Oct 6, 2018 11:15 AM)Astralblack Wrote: [\[CITE\]](#) Failure can be quite the motivation, I would say if you don't have the drive to study at home efficiently, Go to the library, coffee shop etc.

That's my setup for now. Spent the Saturday night at the campus library, lots of fun and not at all depressing ?