

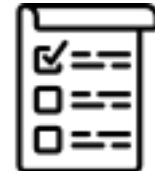
Ways to Stay Focused

1. **Sleep the night before.** Middle school students need an average of 9.25 hours of sleep. It's hard to concentrate when you get less than that. Start with the time you wake up, and count back 9 hours. Plan to go to sleep at that time.



2. **Eat breakfast.** It's hard to focus when you're hungry. Eating breakfast helps to jumpstart your day and focus.

3. **Start one class at a time.** Habits don't change overnight, and paying attention is hard. Start by picking one class to focus during (the whole time). As you get better at focusing during that class, add on a second and keep practicing these skills until you can focus in all of your classes.



4. **Sit near the front of the class and away from the door.** This eliminates distractions and makes it easier to see the board. Don't be afraid to ask to move your seat. Your teacher will also notice that you're taking initiative to do better.

5. **Write, don't type, your notes.** This helps you focus on what's going on in class, what you understand, and what you need to ask questions about. It also helps you remember later on when you're studying. Studies have found that writing your notes makes it easier to remember them anyways. If you have to use a tablet, try using apps to block fun



6. **Participate in class.** Make it a point to raise your hand and contribute to the discussion 2 - 3 times each class. Asking questions counts too!

7. **Turn your phone off.** Phones are great, but they're also really distracting. If you don't want to turn your phone all the way off, start by putting it on silent, Do Not Disturb, or Airplane Mode.



8. **Use apps to focus on homework.** TomatoTimer lets you set goals to reach during a set amount of time studying and includes breaks. Todait helps with scheduling. Forest helps you set your phone aside for 20 minutes while you study.

9. **Think of questions to ask.** No one knows everything and this is a way to let you stay focused, challenge yourself, *and* challenge your teacher.



10. **Set a goal.** To motivate yourself to stay focused, set goals or challenges for yourself like "Today in science, I will answer 3 questions," or "This week in math, I will turn my phone off" Think of the reward of meeting the goal or improving your grade.