

Mom's Guide

TO OVERCOMING PROCRASTINATION

WHILE STUDYING

1

Start Small, Win Big

Overwhelmed? Break tasks into bite-sized pieces. Five minutes of studying is better than zero!

2

Set a Study Timer

Use the Pomodoro technique - study for 25 minutes, then take a 5-minute break. Short bursts help you stay focused.

3

Eliminate Distractions

Turn off notifications, set your phone to 'Do Not Disturb,' or hand it over to your toddler (just kidding... or not?).

4

Create a Study Ritual

Have a go-to routine - light a candle, grab a coffee, and put on your 'focus' playlist. Rituals signal your brain that it's study time.

5

Get an Accountability Buddy

Tell a friend, partner, or even your kid what you plan to study. A little external motivation goes a long way!

6

Reward Yourself

Finished a tough chapter? Treat yourself to a sweet snack, an episode of your favorite show, or five minutes of social scrolling.

7

Just Start!

Thinking about studying is harder than actually doing it. Open your books, take a deep breath, and begin!