

My 7 Incredibly Simple Tips How to Make Learning Easier

Are you having problems with concentrating, or deciding to start learning? Are you desperate and don't know how to focus properly?

Imagine a situation where you don't deal with these issues. Yeah, that's right - no more struggle or wasted time.

What You Will Learn

- How to make studying easier
- How to manage your time
- How to set goals and finish them in time

Start By Programming Your Brain

It's well known fact that brain works like a software and all you need to do is program it in the way you need, you can accomplish this via auto-suggestion.

Motivate your brain and imagine yourself in the situation that you manage everything in time and don't struggle with anything.

Moreover, for even better results you should plan your studying schedule 1 day before you go to bed. 5 minutes should be enough to prepare for everything.

Make yourself a snack first

You should always start a day with a breakfast, same applies to learning.

Doing things hungry and with empty stomach is the worst start for everyone. In order to gain energy and vitamins useful for your brain make a small fruity snack before you start.

This should help you to keep you focused in next few hours and after some time rinse and repeat this step when you feel you need to get sugar and energy into your body.

Prepare tools and books

Make yourself comfortable, clean your desk and bring books and tools you need. Print whatever helps you complete tasks and won't disturb you later.

Turn off everything that distracts you

This is the key tip. The time we could use learning we usually waste by checking Facebook, watching TV, playing with mobile phone or doing some useless stuff.

In other words, turn off everything that distracts you and let only radio play if it helps you with concentration.

Make a Studying System that Suits You Best

A good working system is priceless. With this in mind, try to be creative and make your own system. Divide what you want to learn into several segments and learn one by one.

What's more, you should make mind maps that help you orient in text and as well write down keynotes.

Manage Your Time Efficiently

The goal is to manage your time and set it to blocks. Blocks are ideally around 45 minutes but you might become tired even after 30 minutes.

What you should do during your break is to have a snack, relax, or otherwise refresh or re-energize yourself.

For example, place blocks of time when you are most productive. One important question is: Can you control yourself and get back to your studies after break?

Set SMART Goals and Rewards

Usually a hard work is followed by reward. This should also apply to learning.

Set SMART goals.

By SMART I mean goals, which are Specific, Measurable, Attainable, Relevant and Time-bound.

When you are done with fulfilling your goals, reward yourself.

Few Last Words

In conclusion, be self-confident and trust yourself, use these tips, don't get distracted and focus on your goals. Use your brain and program it in the way you need.