How to focus and avoid procrastination:

The Pomodoro Technique is to help you focus hard for short periods of time.

The 1st key is getting a good list, that is STEP 1 = identify tasks that are doable in 25 minutes.

Example To do list:
1. Write the outline
2. Write introduction
3. Geography homework
4. ALEKS math

Work for 25 min on each of these, then check it off your list.

This is a flexible method. You can change the length as per your task - for YOUR NEEDS, for example:
- Working on studio project - set timer for 2 hours
- Working on research -> set timer for 1 hour

The 2nd key is discipline.
No breaks except for break time!
Get drinks at break time, Go to the bathroom at break time, Text with your friends AT BREAK TIME!

Try it out. Change it up to suit you. Try Pomodoro apps…

How to learn anything:

The Feynman Technique is to help you understand anything. Really understand.

The key is starting with the big, general stuff first, then narrowing down.

If you can explain it to someone else in your own words, you got it!

Then, add details and repeat.

This way the details are connected and you understand how. It’s not a big mess of memorized facts.