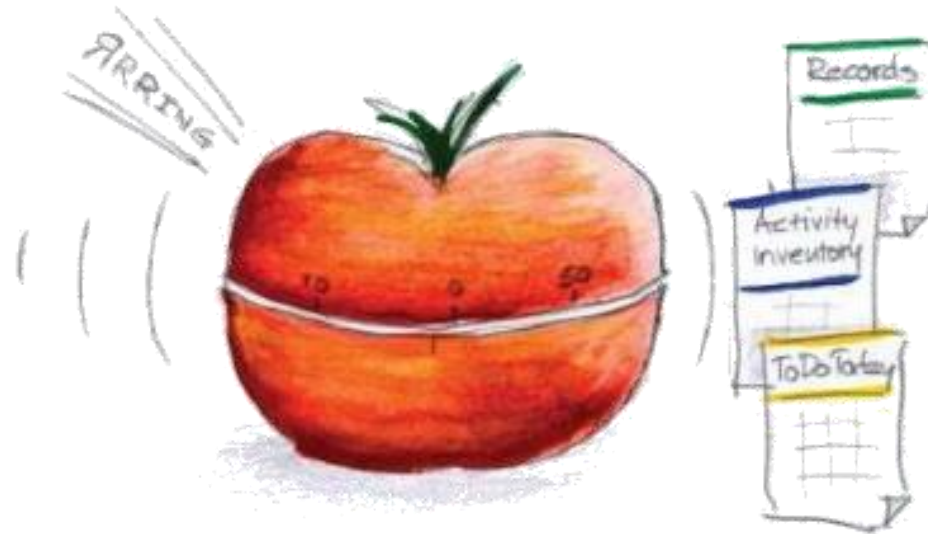
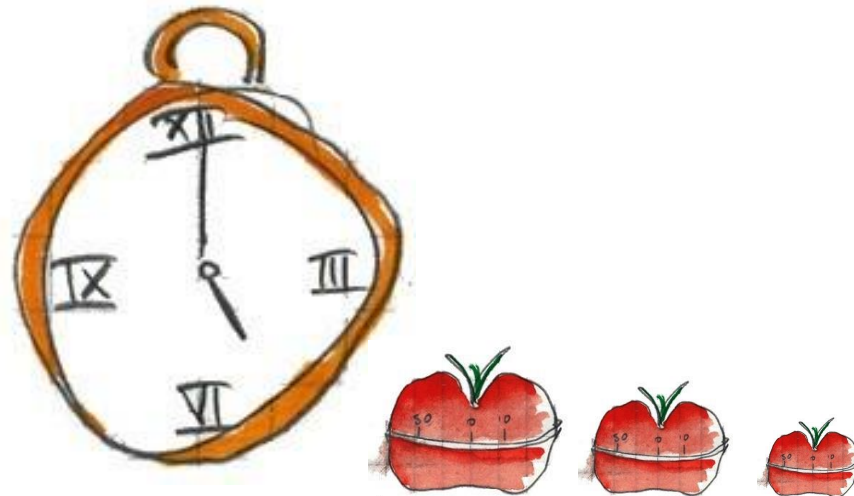


# Twenty-Five minute sprints: 'Starting positive study habits'

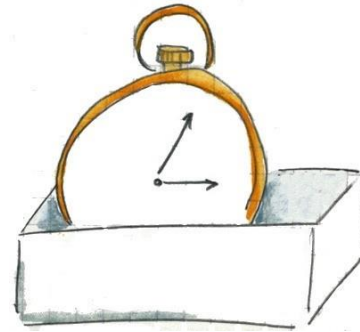
**THE EASY WAY TO DO  
MORE IN LESS TIME**



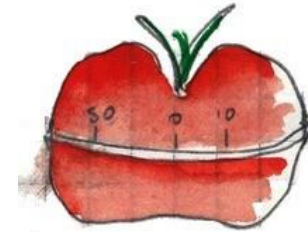
It's a way of **managing** our  
**time!**



**. timeboxed activity**



**. one activity at a time**



**. work with time not against it**



**Breathing**  
**Heart beat**

**It's all about Rhythm!**



# Procrastination

- Why do we **procrastinate**?
- Because we are **lazy**? **NO!**

- That other people **force** us to do something **against** our **will**.
- Internal **pressure** to achieve a **perfect** performance.
- **Fear** of making **mistakes** or receiving **criticism**.

**25 minute sprints**

**give us a**

**Starting point!**

# HELP US WHEN DEALING WITH

- Too much **choice**
- **Information** absorbing
- **Hyperactivity**
- Demand **overload**



WHAT DO I NEED?

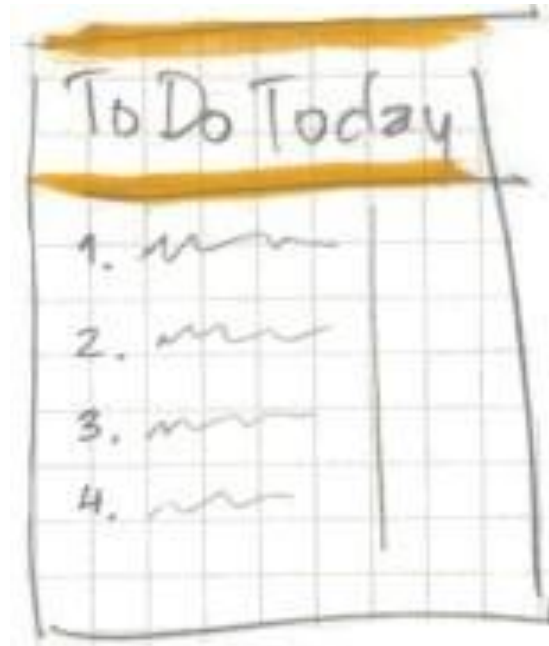
# A kitchen timer



# A revision timetable



# A to do list for the day



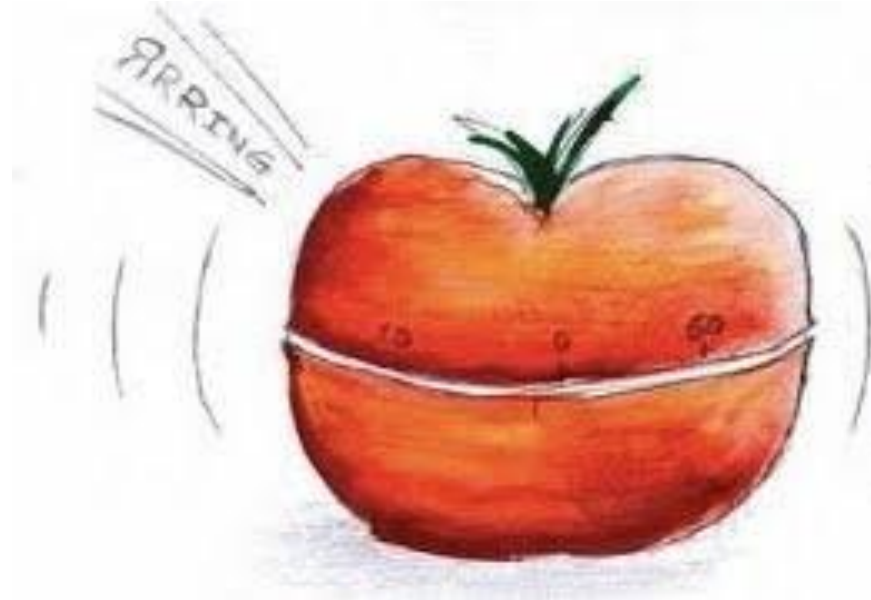
# To do list:

- It's a **starting point** for the day
- School days should be **6 items**, weekends should be **12 items**
- Create a **new sheet** every day based on **feedback**.

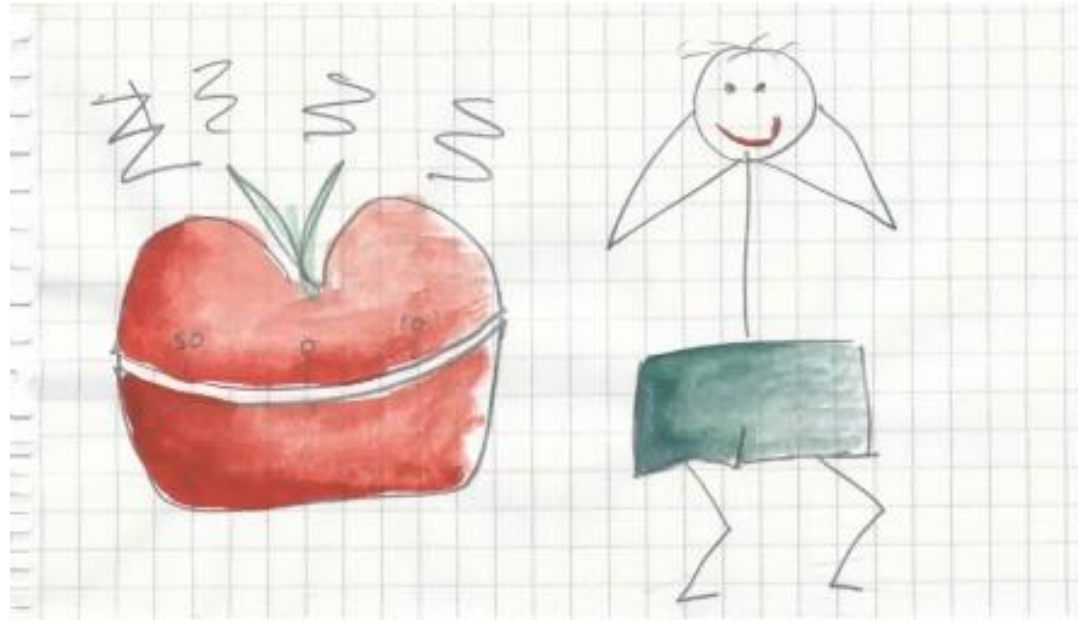
**When you have this**

**SET UP!**

Take the **first** activity and set the  
**timer** to **25** minutes  
100% **focus** on chosen activity



**When the timer rings.**





BREAK !

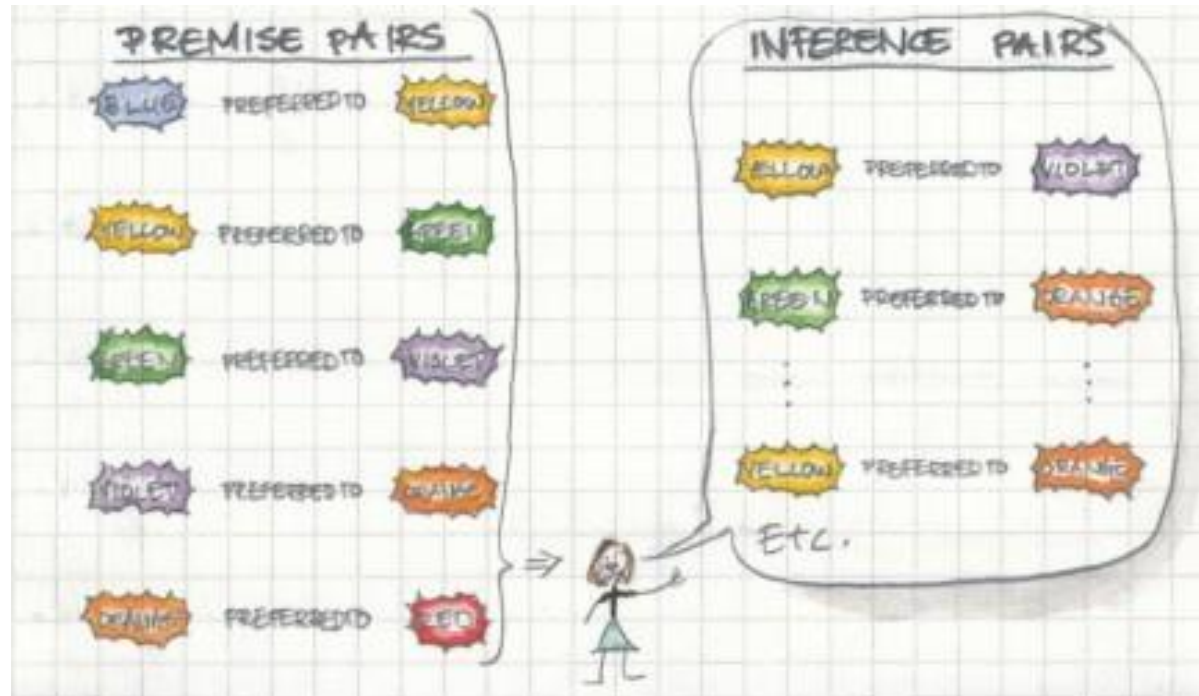
# Breaks are important!

- **Brains** need to **refuel**



# Breaks are important!

- **Brains** need to **absorb** learned information



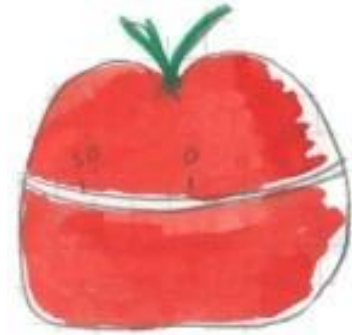
# Breaks are important!

- **Brains** need to see the **whole picture**.



# When the timer rings

- Take a **5 minute** break
- Put **X** next to the activity
- **Detach** from the revision  
Clean your desk, make a coffee.
- Don't even **think** about revision
- It's never **a failure** (you've accomplished something)



# 25 minutes?

- 25 minutes **focused** on the activity
- Do **not** split it.
- Do **not** switch activity
- Rhythm is **important**. Do not loose **Rhythm**.



# Interruptions



- They are **bad!**
- Make us **lose focus**
- We won't **complete** things

# Interruption types

- **Internal** interruptions
- **External** interruptions



# External Interruptions

- Try to **protect** revision time
- **Phones** and **apps** will **easily** distract
- Snapchat can **wait!**

FINALLY!



Time to plan...