



# Center for Academic Success and Achievement

Your home for  
academic support  
at UofM!



# Paying Attention to Distraction

Center for Academic Success and Achievement



# Identify Distractions

Digital: Phones, notifications, social media, games

Environmental: Noisy places, quiet places, cluttered rooms

Internal: Stress, hunger, fatigue

What are some of the distractions in your life?



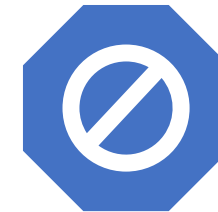
# Creating Focus-Friendly Environments



Choose a study space!



Find an accountability partner or study group!



Use focus support apps and browser blockers!





## Focus as a Skill

- Pomodoro Technique: 25 minutes on, 5 minutes off
- Practice Mindfulness: Even 5 minutes can improve focus
- Break tasks into smaller parts to make them easier to start and complete



# Progress as a Pattern

Focus Patterns:

When do you work best?

What distracts you?

Forming  
behavioral  
patterns takes  
time!

Be kind to  
yourself!





# Find Your Support. Find Your CASA. Engage with Us!



**Want to learn more or connect with our team?**  
Scan the QR code to explore CASA services, meet our staff, book an appointment, and stay updated on resources that support your success!



**Follow us on Instagram @casa\_uofm**  
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