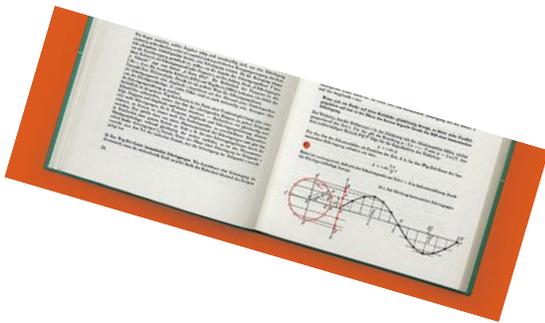


# The Secret to Cutting Your Homework Time in Half!!



Does homework take you **FOREVER**?

Write down how long you spend on homework each night, on average: \_\_\_\_\_



Whoa, that's a long time.

What would you do with extra time, if you magically had it? Write down a few things you'd rather do than homework:

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***What if you found out a way you can cut your homework and studying time in half AND get better grades?*** Pretty sweet, right?

Before we reveal the secret, we need to set the stage a bit. First, a little brain exercise.

Imagine you are studying for a history test (wait for it...) **in a beehive**. A really big beehive that you can fit into. Your textbook is open, your notes and study guide are nearby. And you want to do well on this test. But there's a ton of material.



There's a timeline to memorize, names and dates to get straight in your head, and then there's the essay question that you need to be ready for. **Every time you look at your book, a bee flies past your face.** You look up from your chapter summary and watch the bee land a few inches away. Phew, that was close! You look at

your study guide and a particularly angry sounding bee brushes past your ear. You sit very still and wait til the bee moves on. Then you try to go back to the studying. But you don't recall where you left off. And all that buzzing makes you want to keep a watchful eye out for any aggressive bees that you can't afford to ignore. Before you know it, 3 hours have gone by and you are no closer to understanding the causes of the Civil War than you were when you first sat down. And those bees won't stop buzzing past your nose long enough to let you memorize the major battles. **You're stressed and exhausted, and you have nothing to show for all this effort.**



What's the point of that brain exercise? Who would be so crazy as to study inside a beehive, for Pete's sake??

**You, that's who.** And tons of other kids and adults, too.

You see, when you try to do homework while texting, checking your Twitter feed, Tumblr, Pheed, Instagram, Youtube, etc., you are constantly switching your attention back and forth between your work and those other distractions that buzz around you. **That's the beehive you're sitting in every day** when you try to work! It costs you time, accuracy, and a boatload of stress. And the evidence is



piling up that our brains are not firing on all cylinders when we're constantly dividing our attention like that.

Ever go totally blank when taking a test? (Umm, who hasn't?)

Chances are, all that info that you *thought* you had filed away in your head was impossible to locate, because your brain wasn't completely focused while you were preparing for that test.

So, what are you going to do about it? You can stay in that beehive and spend all night slogging through work while swatting away at texts from friends and sneezing panda videos. And continue to miss out on all those things you wrote down on page 1 that you'd rather be doing with your time. And getting a boatload of grief from your parents about it all.

Take a look at that number of hours you wrote down on page 1. Cut that number in half and write it here: \_\_\_\_\_

That looks more reasonable, right?

You ready to walk out of the beehive, just as an experiment, for a night or two?

### **Here's what you need to do when you do homework:**

- Note what time you start: \_\_\_\_\_
- Put your phone in another room. ***Yup, really. A whole different room.***
- If you have instant messages coming to your laptop, put it on Do Not Disturb.
- [Install Self-Control](#) (for mac) or [Freedom](#) (for pc or mac) on your laptop. Make a list of all your fun, distracting social media and other websites that are irresistible. **Put them on the block list. Set the timer for 3 hours or so.**
- Take 5 minutes and make a list of what you need to do.
- Work distraction-free until you're done.
- Take a dinner break. Note how long here:\_\_\_\_\_
- Complete your work free of buzzing distractions.**
- Note what time you finish:\_\_\_\_\_

If you followed these instructions completely (not just a little bit, sneaking a look at your phone "just for a break"), then you will notice a big difference in how long your homework takes.



You're welcome.

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