

KNOX ACADEMY

STUDY SKILLS: DEEP WORK



THE VALUE OF 'DEEP WORK'

Deep work is performed in a state of distraction-free concentration.

Deep work is necessary for deep learning.

Effective study relies on deep work.

Studies of successful learners show they all commit to periods of 'deep work'.



HOW TO EMBRACE DEEP WORK

Don't be afraid of being bored!

- Studying and entertainment do not go together

The internet is the enemy of deep work!

- Schedule in internet time
- Reduce social media accounts



MOBILE PHONES AND STUDY

They don't mix.

- They are designed to have your attention (as are the apps).
- They divide our attention.
- Every swipe/check bombards our brain with huge amounts of information – most of it is meaningless.
- Studies have shown that checking your phone distracts you long after you have put it down.
- Alerts distract us even if we don't check them.

Turn it off.

- Schedule in time to check your phone/social media.
- Screens impact on our ability to get deep sleep.

