

Brain Balance Centers - June Blog Page - Tips for Kids: How to Focus on Schoolwork (new)

Blog Checklist	https://docs.google.com/spreadsheets/d/1jwc6kFJl5t6ZoafcuHP5_krhNuZj8xSMO-1U2x1qe-8/edit
Content Guidelines	https://docs.google.com/document/d/1XYCddIASlgkEXd4WT3XoOGqKKmBGQwUO-l7o0_WE7yc/edit
URL	https://www.brainbalancecenters.com/blog/how-to-focus-on-school-work
Meta Title	Tips for Kids: How to Focus on Schoolwork Brain Balance
Meta Description	Empower your child with skills to stay focused on schoolwork. Read on for tips on concentration, time management, and creating a productive study environment.
H1 Tag	Tips for Kids: How to Focus on Schoolwork
Word Count	NEW: 800 Words

Target Keywords	MSV	Keyword Type	Writer: KW Density
how to focus on school work	1900	Primary	5
how to get motivated to do schoolwork	260	Secondary	1
how to focus on homework	480	Tertiary	2
how to get motivated to do homework	260	Supporting	1
how to concentrate on homework	90	Supporting	1
how to focus on school work without getting distracted	70	Supporting	1
how to concentrate on school work	10	Supporting	

Outline	Header Type
Tips for Kids: How to Focus on Schoolwork	H1
Mastering Schoolwork Success	H2
The Power of Focus and Its Importance In Studying	H2
Preparing Your Mind for Effective Study	H2
Proven Techniques for Schoolwork Success	H2
Maintaining Motivation for Academic Achievement	H2

References	Notes
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https://isucceedvhs.net/2021/03/19/focus-on-homework/	
https://study.com/academy/lesson/how-to-become-more-focused-on-school-work.html	
https://www.lovetoknow.com/parenting/teens/how-focus-schoolwork	

Internal/External Links	Anchor Text	Included?
https://www.brainbalancecenters.com/blog/homework-anxiety-explained	homework anxiety	X
https://www.brainbalancecenters.com/blog/how-to-build-self-esteem-when-your-child-is-struggling-with-school	building self-esteem in school	X
[writer's discretion]	[writer's discretion]	X

Tips for Kids: **How to Focus on Schoolwork**

Are you struggling with **how to focus on schoolwork** when there are a million other things that seem more compelling? Learning **how to get motivated to do homework** is hard when there's so much else you'd rather do. Whether it's the lure of outdoor fun, the aftermath of a late night, or the need for a brain-boosting snack,¹ we've all been there.

Below, we provide practical, proven techniques for preparing your mind for effective studying and turning these challenges into stepping stones toward academic success.

Mastering Schoolwork Success

Mastering schoolwork success involves a combination of strategies that help you learn **how to focus on schoolwork without getting distracted**. From finding out [your learning style](#) to creating a designated study space,² eliminating distractions, and taking care of your physical needs,³ it all plays a role in focusing effectively. We will explore these and more, providing you with tools that help you achieve academic success and build habits that will benefit you beyond the classroom.

The Power of Focus and Its Importance in Studying

The [importance of focus](#) in studying cannot be overstated. When you learn **how to focus on schoolwork**, you unlock a whole new level of productivity and comprehension. Focus empowers you to block out distractions and engage with your schoolwork on a deeper level. This ability to fully immerse yourself in your studies accelerates learning, enhances retention, and [bolsters](#)

¹ <https://www.lovetoknow.com/parenting/teens/how-focus-schoolwork>

² <https://www.lovetoknow.com/parenting/teens/how-focus-schoolwork>

³ <https://www.lovetoknow.com/parenting/teens/how-focus-schoolwork>

[self-esteem](#). Focus is a learned skill that can be acquired, practiced, and strengthened, providing academic and professional success.

Preparing Your Mind for Effective Study

When learning [how to focus on homework](#), preparing your mind and environment for the task at hand is vital. So, let's get you started:

- **Get Quality Sleep** - Concentration and focus take energy.⁴ Good sleep is essential for thinking clearly and focusing your attention on schoolwork.⁵ Adequate sleep refreshes your mind and boosts memory and cognitive functions, making learning easier.
- **Create a Designated Study Space** - A specific, organized, and supportive place to study can significantly enhance concentration.⁶ Ensure your study space is free of distractions, comfortable, and suited to your specific needs.
- **Have a Healthy Snack** - Fuel your brain with a nutritious snack before asking it to work. Trail mix, Greek yogurt, fruit, nuts, seeds, veggies, and hummus make for excellent snacks for powering your study session.⁷
- **Organize Your Study Materials** - Gather and organize the necessary books, tools, and materials before you sit down to work. This reduces distraction and saves time.
- **Exercise** - Regular physical activity gets the blood flowing, which improves brain function. Studies show that a quick workout or a brief walk before studying can significantly boost your thinking and retention.⁸

With these preparatory steps, you're halfway to mastering [how to focus on school work](#) and achieving your study goals.

Proven Techniques for Schoolwork Success

Once you've prepared your mind and body and set up your study space, the next step in learning [how to concentrate on homework](#) is to employ effective study techniques:

- **Identify Your Learning Style** - Understanding whether you're a visual, auditory, or tactile learner can help you tailor your study methods and workspace for better understanding and focus.⁹
- **Set the Mood** - Depending on your learning style and other individual traits, the ideal mood for study may include music playing softly in the background or active sitting.¹⁰

⁴ <https://hbr.org/2017/05/your-brain-can-only-take-so-much-focus>

⁵ <https://www.health.harvard.edu/mind-and-mood/sharpen-thinking-skills-with-a-better-nights-sleep>

⁶ <https://isucceedvhs.net/2021/03/19/focus-on-homework/>

⁷ <http://canada1.national.edu/the-10-best-brain-food-snacks-for-studying/>

⁸ <https://docs.google.com/document/d/16aLG55oPaY4CJfsHYX0LAB71pgVKWg78Z63K8UOt3qE/edit>

⁹ <https://www.lovetoknow.com/parenting/teens/how-focus-schoolwork>

¹⁰ <https://www.lovetoknow.com/parenting/teens/how-focus-schoolwork>

- **Remove Distractions** - Distractions can seriously impair your ability to focus on schoolwork. This could be your smartphone or a noisy environment. Keep your devices in another room during study time — silent mode is not enough — and choose a quiet, comfortable study space.¹¹
- **Establish a Routine or Schedule** - Use a planner or an app to plan your week and stick to your schedule. Regularity in your study routine helps your brain quickly gear up for learning.
- **Take Productive Breaks** - Take an active 10-minute break for every 30-45 minutes of focused study. Stretch, take a quick run, complete a chore, meditate, or grab a snack. These types of breaks shed stress and [homework anxiety](#). They rest your brain, getting it ready to tackle the next round of learning.
- **Create Rewards for Motivation** - Turn your weaknesses into rewards. Promise yourself something you enjoy, like 10 minutes playing with the dog or cranking up your favorite song and singing along when you complete this next task.

By incorporating these strategies, you're well on your way to mastering [how to focus on homework](#) and schoolwork. Put these strategies into action and embrace academic success!

Maintaining Motivation for Academic Achievement

Learning [how to get motivated to do homework](#) and maintaining that drive is critical for academic and professional success. Here are some strategies to help keep your motivation levels high:

- **Break Down Big Tasks** - Large, complex assignments can be overwhelming. Break them down into manageable tasks to make them less daunting and more achievable.
- **Recognize Your Progress** - Always take a moment to acknowledge your successes, big or small. This will encourage you to keep going.
- **Adopt a Positive Attitude** - Believing in your capabilities and maintaining a positive attitude can bolster your motivation. It helps you push through challenges and keep going.
- **Connect with Your Goals** - Remind yourself frequently why you're doing what you're doing. Keep the end goal in sight to help maintain your drive and commitment.
- **Surround Yourself with Support** - A network of supportive individuals can encourage you when you need it the most.

These strategies will help you learn [how to focus on schoolwork](#) and keep you motivated.

¹¹ <https://isucceedvhs.net/2021/03/19/focus-on-homework/>

Optimizing the Brain for Learning

If practice isn't creating proficiency in school for your child, this could indicate a developmental immaturity in the brain that is disrupting the learning process. When it comes to learning, there are so many separate brain functions that all need to work together in perfect harmony to succeed. The brain needs to be able to pay attention, block out distractions, and process auditory and visual information while relying on working memory so that you can take the information and apply it when needed. A disruption in any one of those areas can impact the whole.

If you feel you need more support, the Brain Balance program empowers students to harness the power of their brains to improve their focus and attention. To learn more about our holistic, drug-free approach, please [find a local center](#) or [contact us](#). We're here to help!