

What is a Playsheet?

A playsheet is your quick, strategic game plan to level up your academic skills. It helps you reflect, apply, and take action on what you've learned — just like a pro gamer prepares for their next match.

ARI Playsheet #10: Focus Mode – From Distracted to Dedicated

Key Moves (Summary)

- Staying focused is harder with constant distractions like phones, social media, or background noise.
- Identify your personal distractions and take steps to reduce them during study time.
- Use focus tools or apps that block tempting sites while you work.
- Study in distraction-free spaces — even headphones or ambient music can help.
- Set specific goals for each session to give your brain a clear mission.
- Practise self-discipline like a skill — it gets easier over time.

Player Insight (Reflection Prompt)


What's the biggest thing that pulls your focus away when studying — and how can you fight it off?

Power-Up Action (Practical Task)

Try a 30-minute 'focus sprint' where you eliminate all distractions and see how much you get done.

XP Log (Write Something Down)

This week, I will...

Have fun learning! 

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