

Print onto sticker paper. Cut out and paste on your Chromebook or tablet.

IT'S TIME TO WORK ●●●●●
LET'S GET SET!
●●●●●

3 RULES FOR SUCCESS ON HOMEWORK!

GO CELL PHONE FREE!
Shut off cell phones or switch to **FOCUS** mode.

SHUT DOWN DEVICES
Silence any **GAMING** PC's or TV's that are nearby.

CLOSE EXTRA APPS
Close any **APP** or **WINDOW** that makes noise or sends alerts.

GREAT JOB! LET'S GO!
You're already on your way to doing a better job **AND** getting it done quicker!

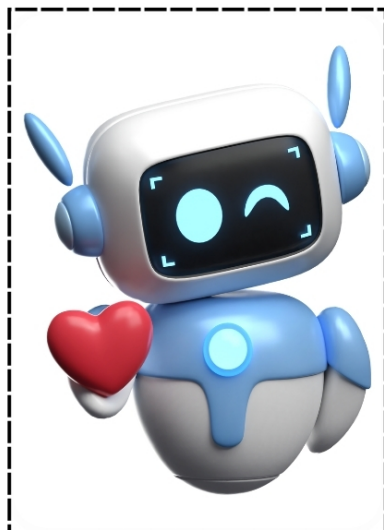
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THE IMPACT OF ●●●●●
TECHNOLOGY
●●●●●
ON YOUR BRAIN
GO SCREEN FREE!

DESTROYED BY DISTRACTION
Studies show that it can take up to 2 MINUTES to refocus your thoughts after each message or gaming alert.

MULTITASKING MISTAKES
Multitasking dramatically reduces attention, retention and accuracy. Studies show that people **CAN'T** do two things well at the same time.

PROBLEMATIC PRIORITIES
Technology tricks the brain into thinking that what's happening on a screen is more important than studying, or working on a task offline.

COGNITIVE OFFLOADING
Technology tempts you to find ways of short-cutting your work, or asking for answers, instead of learning how to do things on your own.

FORCE YOUR TECHNOLOGY TO BEHAVE WHEN YOU ARE WORKING OR STUDYING.
SHUT OFF ALL ALERTS!



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