



EARLY CAREER HELP

Educational and Career Consultancy Services

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NEEV-2: MODULE 3

BUILDING FOCUS & AVOIDING DISTRACTIONS

Dr. Nirbhay K.
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   [earlycareerhelp](https://www.instagram.com/earlycareerhelp)

 **9570133616**



EARLY CAREER HELP'S

NEEV

Nurture | Enlighten | Evaluate | Victory




GUIDANCE PROGRAM

NEEV-2

For Students of Class 6-9

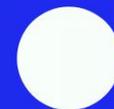


HELPS YOUR CHILD STAY
FOCUSED, BUILD CLARITY,
MANAGE TIME, AND PLAN
THEIR CAREER AHEAD

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Educational Consultant



Train Your Mind to Stay in the Game



-  Practice daily focus-building activities
-  Understand digital distractions & minimize them
-  Boost attention span with puzzles, memory games
-  Create distraction-free study space
-  Set specific study hours
-  Turn off notifications during study
-  Use focus apps/tools (Forest, Stay Focused)
-  Improve gradually with patience



“Where focus goes, energy flows.”

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Why Focus Is the New Superpower

- ❑ Teen brains are sharp, but attention is scattered
- ❑ In a distracted world, focus = success
- ❑ Students with high focus outperform smarter peers



**Focus isn't a talent—
it's a trainable skill.**

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What Breaks Your Focus?

⚠ Common Distractions:

- 📱 Phone notifications
- 🎧 Noise (TV/music)
- 👤 People interruptions
- 💭 Daydreaming
- 🌐 Excessive internet browsing

🚫
**Know your enemies
before you fight them**

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The Myth of Multitasking



 **Research: Multitasking reduces productivity by 40%**

- Mind switches, loses time
- Memory suffers
- Increases errors



**Do one thing.
Do it well.
Finish it fully.**

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Deep Work for Students

 **Deep Work = Focused, Distraction-free Learning**

 **Steps to Practice:**

✓ **Choose one task**

✓ **Set a timer (25–30 mins)**

✓ **Keep phone away**

 **This trains your
“concentration muscle.”**

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■ Create a Focus-Friendly Study Zone ■



Environment matters:

- Clear desk = clear mind
- No noise zone
- Natural light, water bottle
- Set up before study



**Organized space
boosts mental energy**

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Focus Rituals & Habits

Screen Discipline:

- ✓ Deep breaths (3–5 mins)
- ✓ Quick planning (what to do in this session)
- ✓ Avoid starting with a phone


Repetition makes focus automatic

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Digital Boundaries & Tools

Screen Discipline:

- ✓ No device during homework
- ✓ Turn off notifications
- ✓ Schedule screen time after study


**Control tech or
tech will control you**

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Boosting Brain Focus Naturally

Brain Fuel:

- ✓ Proper sleep (7–9 hrs)
- ✓ Balanced meals
- ✓ Movement breaks
- ✓ Mindful moments (meditation or silence)


A calm body = a focused mind

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Tips for Parents & Students



Parents please:

- Reduce background TV/music during child's study time
- Praise effort, not just results
- Help them structure their learning routine

Dear Students

"In today's noisy world, the teen who can sit still and study for 45 minutes is rare—and powerful. Focus makes champions. And it starts with small choices you make each day."

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GOAL SETTING – SHORT-TERM VS LONG-TERM

- 🎯 Set SMART (Specific, Measurable...) goals
- 🌸 Distinguish short goals (daily/weekly) & long goals (yearly)
- 📊 Track progress with simple checklists
- 📅 Create monthly & yearly vision map
- 🎉 Celebrate small wins for motivation
- 🔄 Review & revise goals regularly
- 👨👩 Involve parents in goal reviews
- 🚀 Think big, start small!

🕒 Learn to plan, not just wish

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