TutorLyft

Top 5 science-backed productivity hacks for students

POMODORO TECHNIQUE

Work in 25-minute bursts with 5-minute breaks to enhance focus and productivity.

SPACED REPETITION

Review material over increasing time intervals to improve memory retention.

MINDFULNESS & STRESS REDUCTION

Practice mindfulness to reduce stress and improve cognitive performance.

ELIMINATE DISTRACTIONS

Ensure 7-9 hours of sleep for better memory consolidation and cognitive function.

ACTIVE LEARNING

Engage with material through summarizing, teaching, or applying it for effective learning.