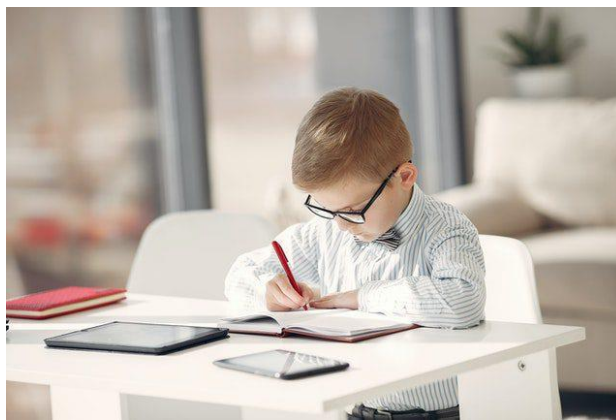


How Students Can Avoid Distractions With Peak Academic Coaching

If you ask a student, what is their number one problem today? They'll say it's distractions. Have you noticed how students are constantly receiving notifications from social media platforms or emails on their devices. They are always trying to run away from tasks, projects, classes and even those things that they like. Why you ask? Because they have no control of their time. It's like they are always occupied by these things that capture their attention. One moment they are scrolling social media, the next they are joining online games with their friends. Late nights, they are bingeing on TV shows. How are they supposed to switch their attention from entertainment to studying?



Students can get [executive function skills coaching](#) from Peak Academic Coaching to help them stay on track and concentrate better. Let's see how this kind of specialized coaching can help students stay focused on their studies and do well in class.

Figuring out what causes distractions

Most people try to fight distractions without finding the why behind their habits of getting distracted. Most of the times they are willing participants in getting distracted. It's like they know they are going to avoid a particular task, or a class homework or a certain priority. But they still engage in that distraction to keep away from the stress of their tasks. [Private academic coach](#) at Peak Academic Coaching first try to find out the type of distraction that student is suffering from.

Making the student aware of root cause

Being aware is the key to getting past distractions. Peak Academic Coaching has coaches who work closely with students to help them figure out when and why they get distracted. They work closely with a student to come up with the root cause. Sometimes, the root cause of distractions for students may be related to underlying emotional or psychological

issues that are not immediately apparent. It is important for parents to recognize that the solution to their child's distractions may require professional guidance and support.

Trying out techniques to space away distractions

[Executive functioning tutor](#) at Peak Academic Coaching identify the behavior of students. Then they help students set up a workspace that is free of distractions. Instead of telling the student what to do, they try to help them learn these methods on their own. Breaking up big tasks into smaller ones that are easier to handle helps students stay interested and on task.

Check out <https://peakacademiccoaching.com/> for more information.

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