
FOCUS AND MOTIVATION

DURING A NATIONAL LOCKDOWN

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In returning into another national lockdown, it will bring both old and new emotions to the surface; frustration, confusion and anger, emotions we may have thought to overcome in the last few months. The prospect of facing all these emotions again is, in one word – exhausting. Therefore, the idea of studying or working seems incredibly daunting with focus and motivation sometimes difficult to muster. There is no right or wrong way to overcome these feelings and they will indeed be different for everybody.

I recognise I am writing this to you in the midst of uncertainty. In a time like this, concentration comes in short bursts and the finish line feels like it is moving further and further away. Here are the tips and tricks I used to retain my sanity and write a 12,000 word dissertation and two pieces of coursework in the first lockdown.

Focusing Apps

[Forest: Productivity app available on Apple and Google Play.](#)

The premise is simple: whenever you want to stay focussed you plant a tree, your tree will grow while you work, if you leave the app before the time is up, your tree will die. If you are a competitive person like I am, I could not bear to see the tree wither away. After finishing your day, it is extremely satisfying to see how much you have accomplished and in turn very rewarding. The more you grow, the bigger the forest. You can also grow trees with friends and so the stakes are much higher if one of you breaks the cycle! The Forest team partners are also partnered with a real-tree-planting organization, Trees for the Future, to plant real trees on Earth. Forest will help you reduce distractions, setting a clear time goal, managing the goal and achieve both something for you and the planet.

Create your own Online Library

[Focus Mate](#)

This online platform will change the way you work by connecting you to other student or colleagues around the globe that are looking to stay focused and on task. You book a 50 minutes time slot that works for you and it will pair you with someone who is wanting to get work done at that time. You sign on to the web call, say hello, explain what you want to achieve in this time and then you simply crack on with it. Then at the end of the sessions, you review your progress and discuss how it went. It is free for three sessions a week or £3.68 a month for unlimited use. It may sound strange but with a stranger on the other side it creates a positive pressure that motivates you in a way you wouldn't expect.

[With friends](#)

Equally, this is a perfect set up to do with a friend or someone on your course. A easy and simple format to help you brain stay engaged and keep on task without facing everything at once.