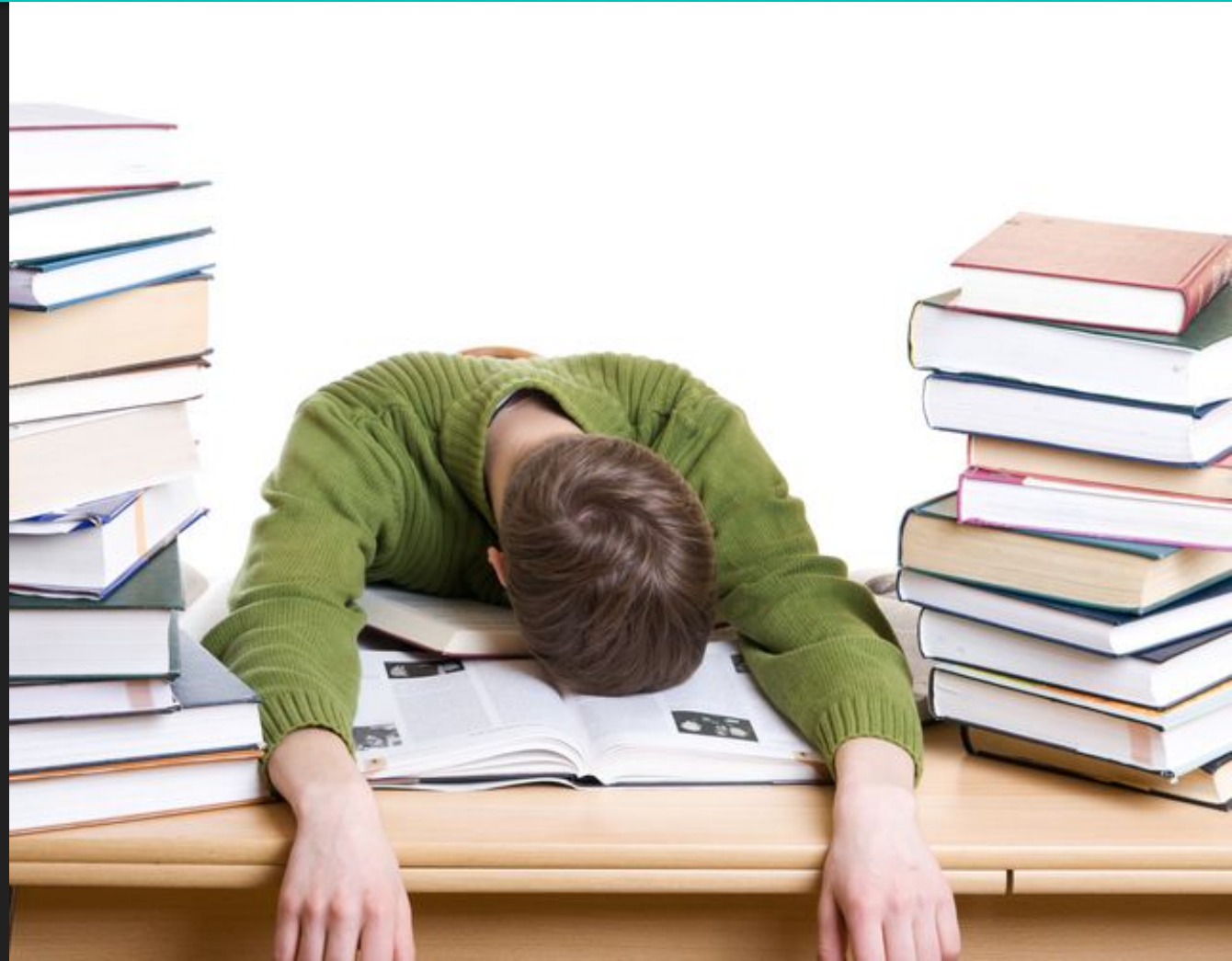


LIFE HACKS FOR MEDICAL STUDENTS

SPECIFICS OF THE MEDICAL STUDENT

- Big amount of educational materials
- High intellectual load
- Fatigue and distraction



WRITE DOWN

□ Useful links:

vk.cc/8HJaC7 - “Things” -
perfect organizer for MacOS

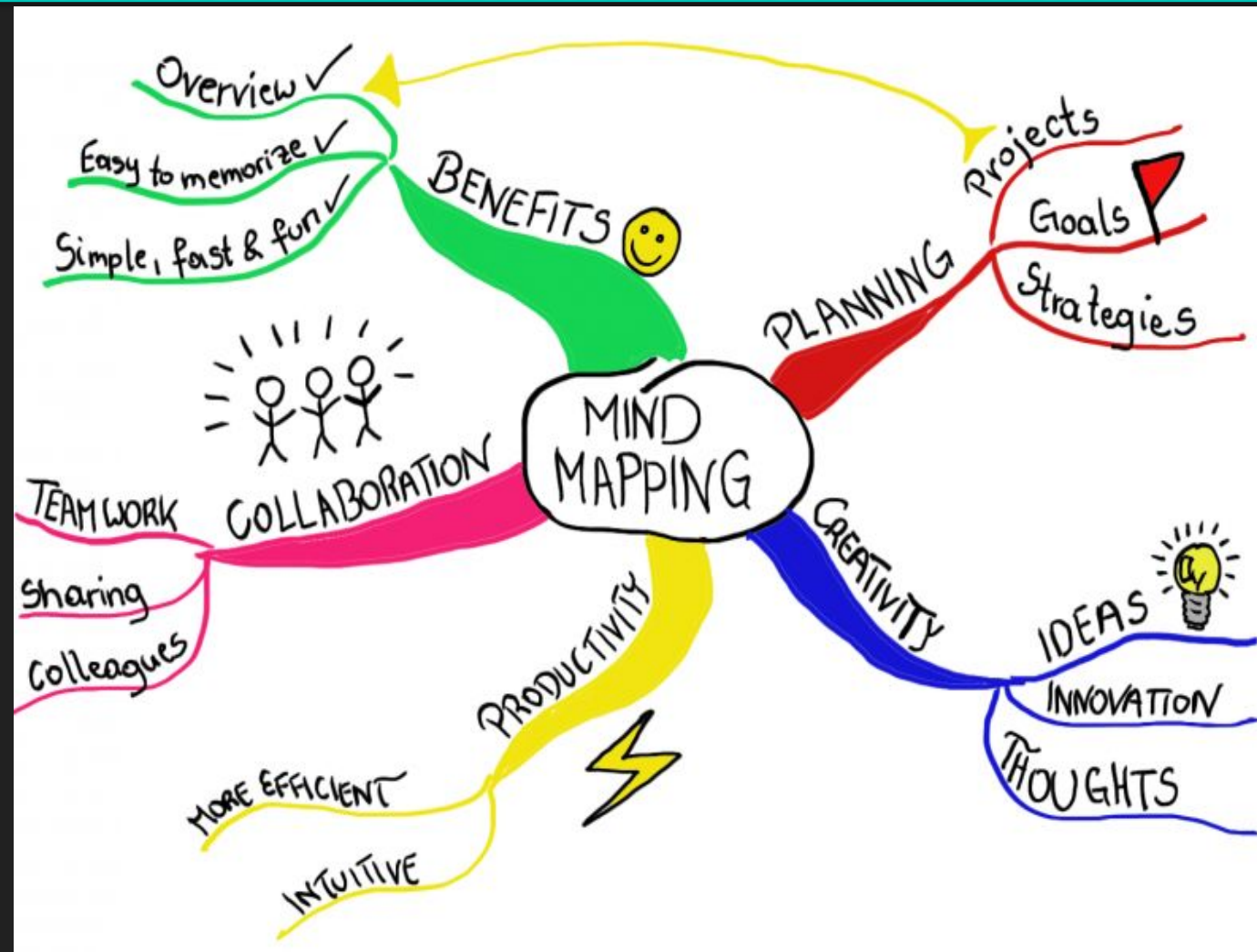
vk.cc/8HJcFI - “LeaderTask” –
good organizer for Windows



MAKE A DECOMPOSITION OF YOUR TASKS

- Use mindmap! This is the best way to make difficult thing simple!
- Link:

vk.cc/8HJvR7 - XMind



LISTEN FOR A MONOTONOUS MUSIC

- ❑ An energetic music has distracting action.
- ❑ Classic music and embient can help you to concentrate.

Link:

❑ www.noisli.com

Noisli

Improve focus and boost your productivity.
Mix different sounds and create your perfect environment.

Random

Productivity

Relax



MINIMIZE THE INFLUENCE OF YOUR PHONE

STOP

Annoying
App
Notifications



SWITCH-ON THE GRAYSCALE FILTER ON YOUR PHONE

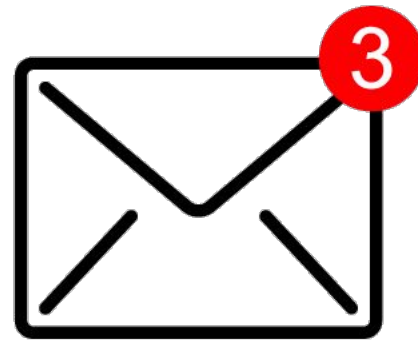
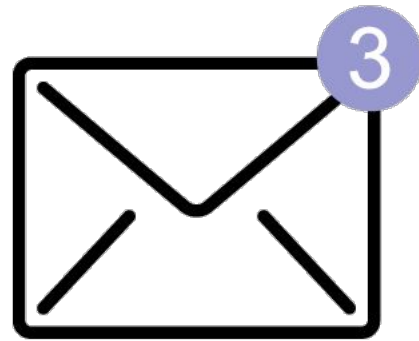
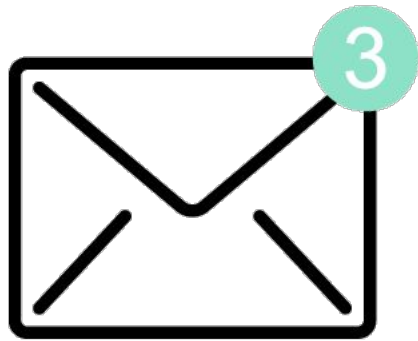
- Human eye is sensitive to bright colors. In different studies shown that we are the most attentively tracking bright red color. Exactly because of this reason lots of applications changed design of their icons.
- The red color of notification bubble has the same reason. Just look at the picture on a next slide and try to estimate what type of bubble is the most eye-catching?

Было



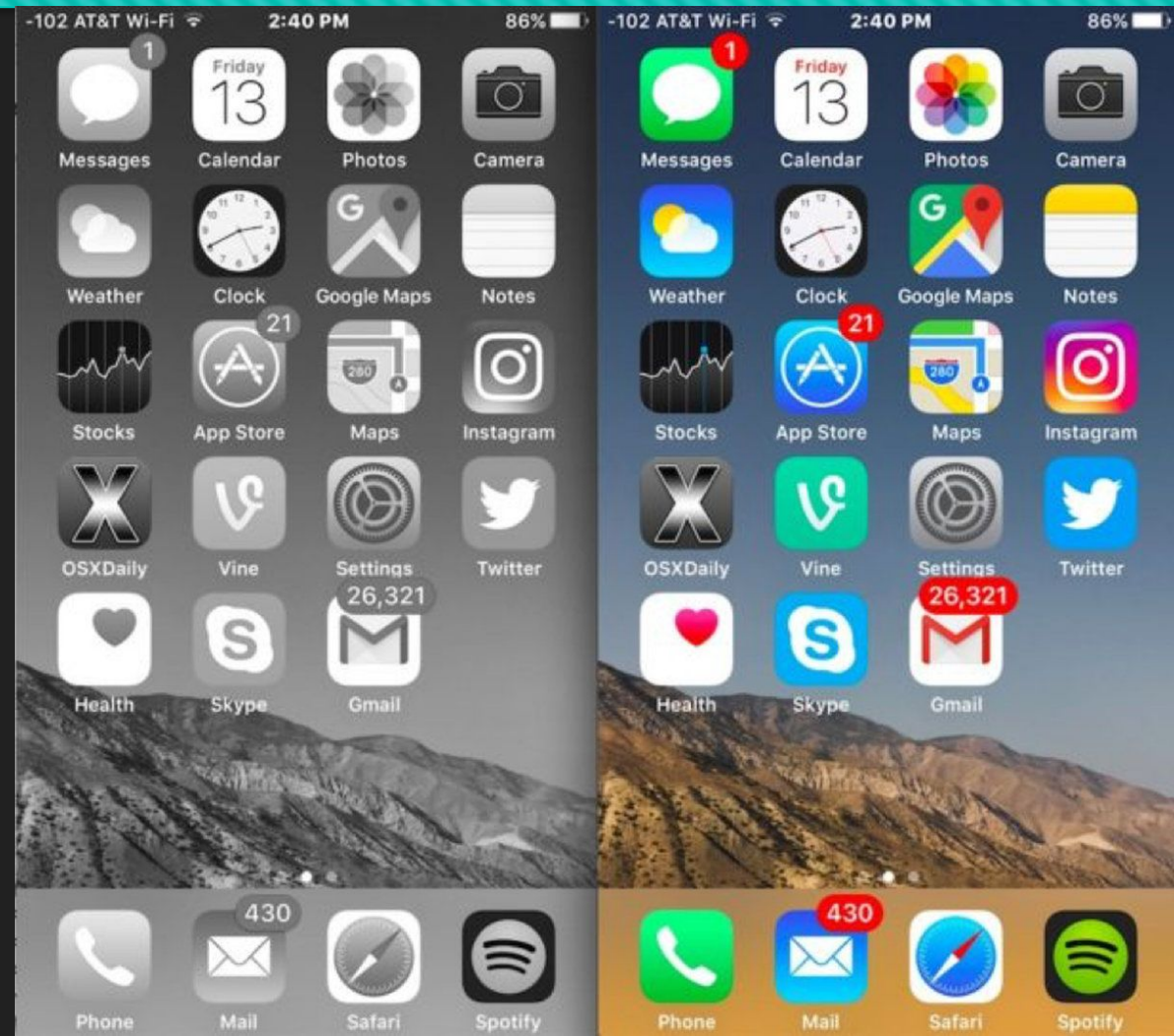
Стало





SWITCH-ON THE GRAYSCALE FILTER ON YOUR PHONE

- What we can do with it? This problem has radical solution. Switch-on the grayscale filter on your phone.



SWITCH-ON THE GRAYSCALE FILTER ON YOUR PHONE

Включение функции «Светофильтры» в разделе «Настройки»

Перейдите в раздел «Настройки» > «Основные» > «Универсальный доступ» > «Адаптация дисплея» и выберите «Светофильтры».

На выбор доступны четыре предварительно заданных светофильтра.

- Оттенки серого
- Красный/зеленый для протанопии
- Зеленый/красный для дейтеранопии
- Синий/желтый для тританопии

LIMIT YOUR SCREEN BY DAILY INSTRUMENTS

”Any application with endless scrolling takes endless amount of your time.”

Albert Einstein

□ Link:

vk.cc/8HJxtV - ForestApp (available for Android, iOS)

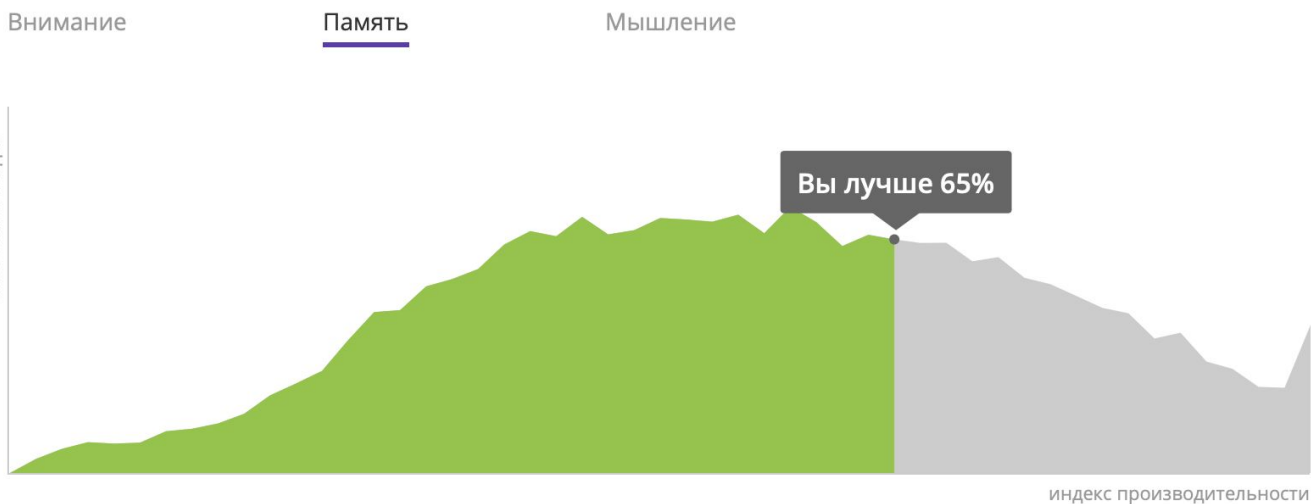
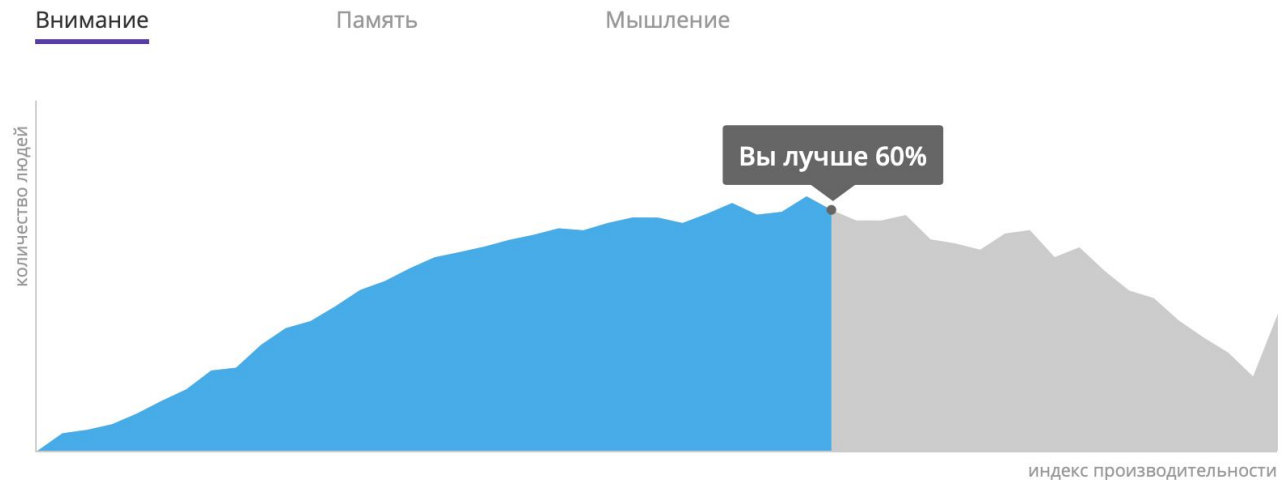
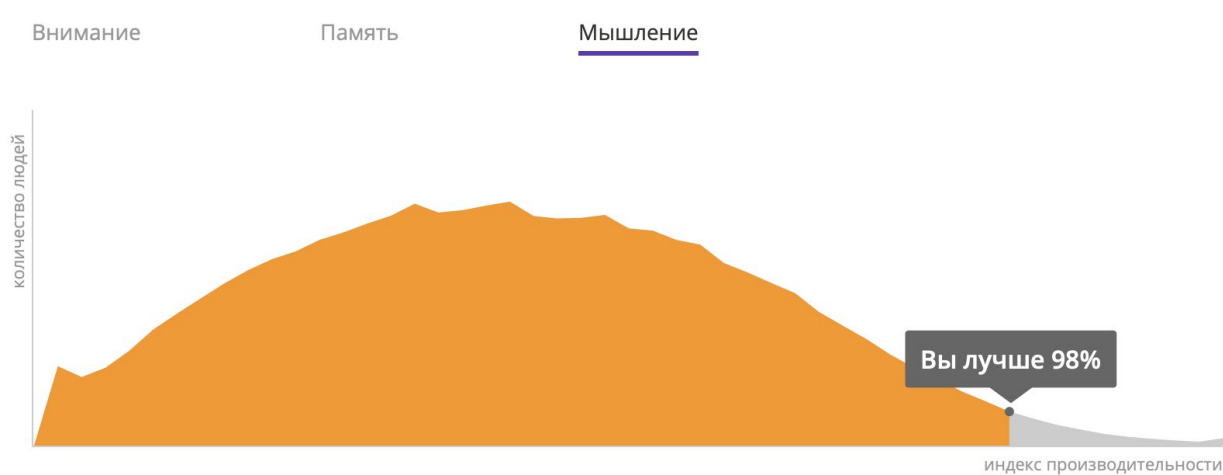
DEVELOP YOURSELF

How do you think, how much time takes the new habit creation?

DEVELOP YOURSELF

**Only developing of
memory, attention and
thinking will arise your
level!**

ALEXANDER KHOMENKO CHARACTERISTICS



Develop yourself!

vk.cc/8HKeoi

The image features a teal background with a fine, repeating pattern of diagonal lines. A jagged, black cutout shape is positioned at the bottom, creating a silhouette effect. The text "THANK YOU FOR YOUR ATTENTION!" is centered within this black area in a bold, white, sans-serif font.

THANK YOU FOR YOUR ATTENTION!