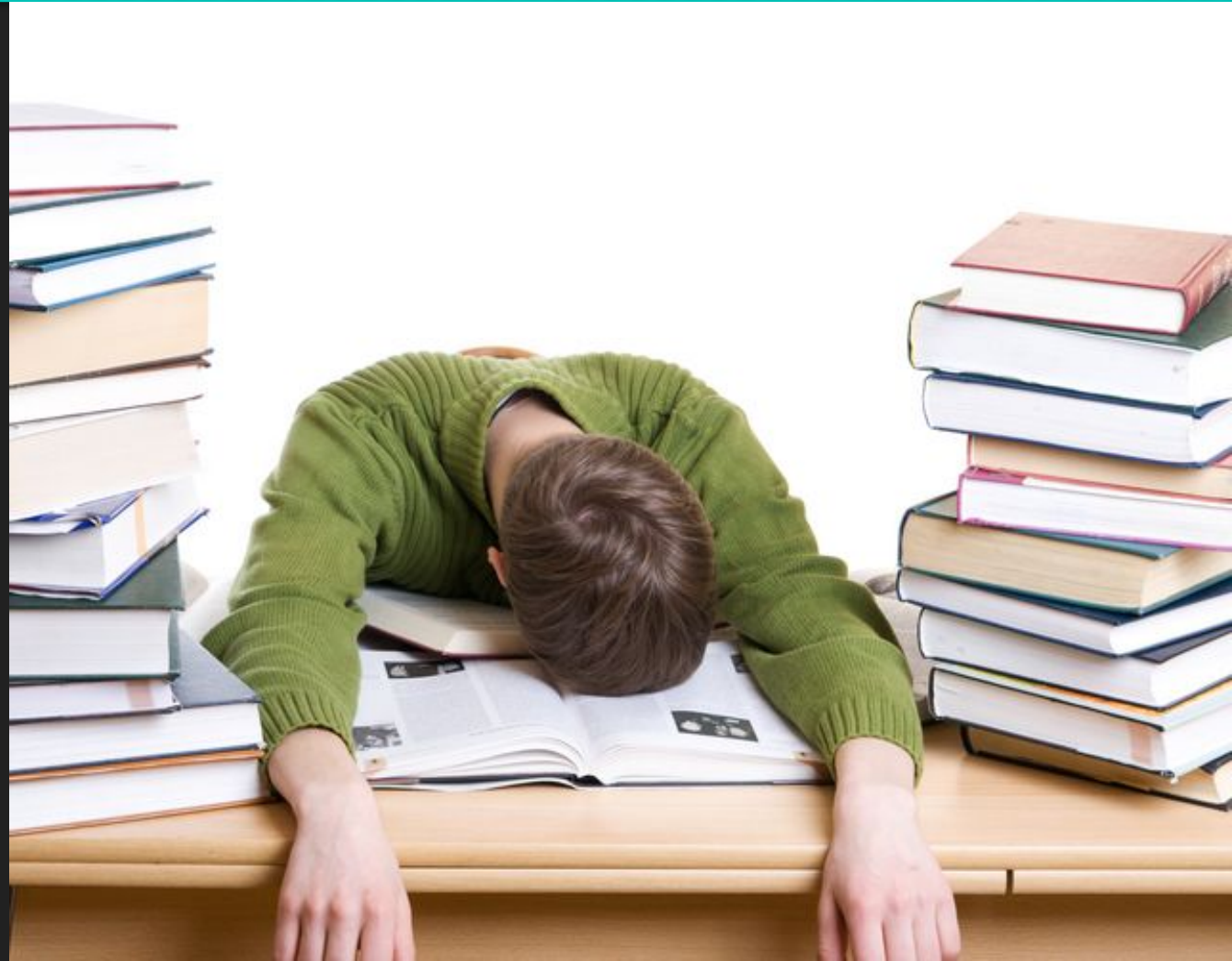


# LIFE HACKS FOR MEDICAL STUDENTS

# SPECIFICS OF THE MEDICAL STUDENT

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



# WRITE DOWN

□ Useful links:

[vk.cc/8HJaC7](https://vk.cc/8HJaC7) - “Things” -  
perfect organizer for MacOS

[vk.cc/8HJcFI](https://vk.cc/8HJcFI) - “LeaderTask” –  
good organizer for Windows

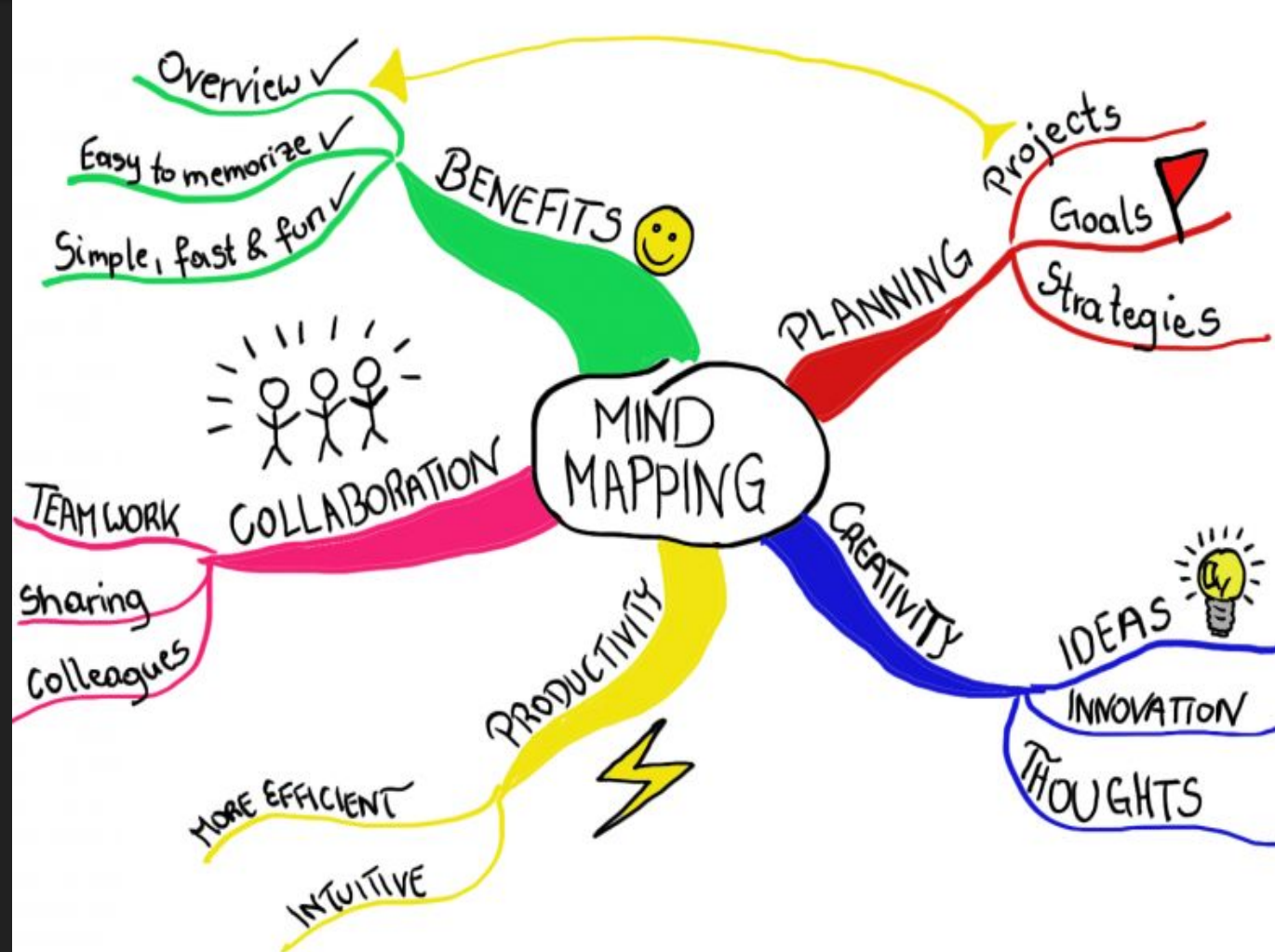




# MAKE A DECOMPOSITION OF YOUR TASKS

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

[vk.cc/8HJvR7](https://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](http://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

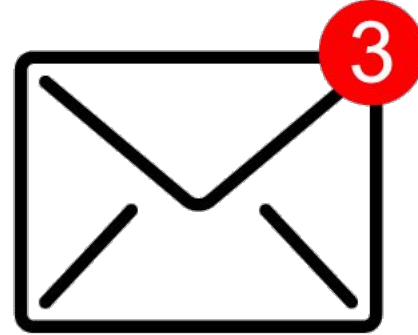
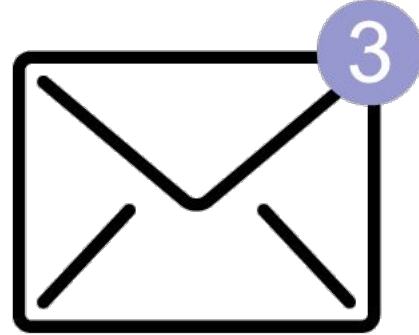
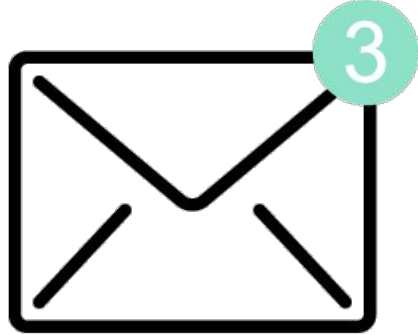
- ❑ Human eye is sensitive to bright colors. In different studies shown that we are the most attentively tracking bright red color. Exactly because of this reason lots of applications changed design of their icons.
- ❑ The red color of notification bubble has the same reason. Just look at the picture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

Было



Стало

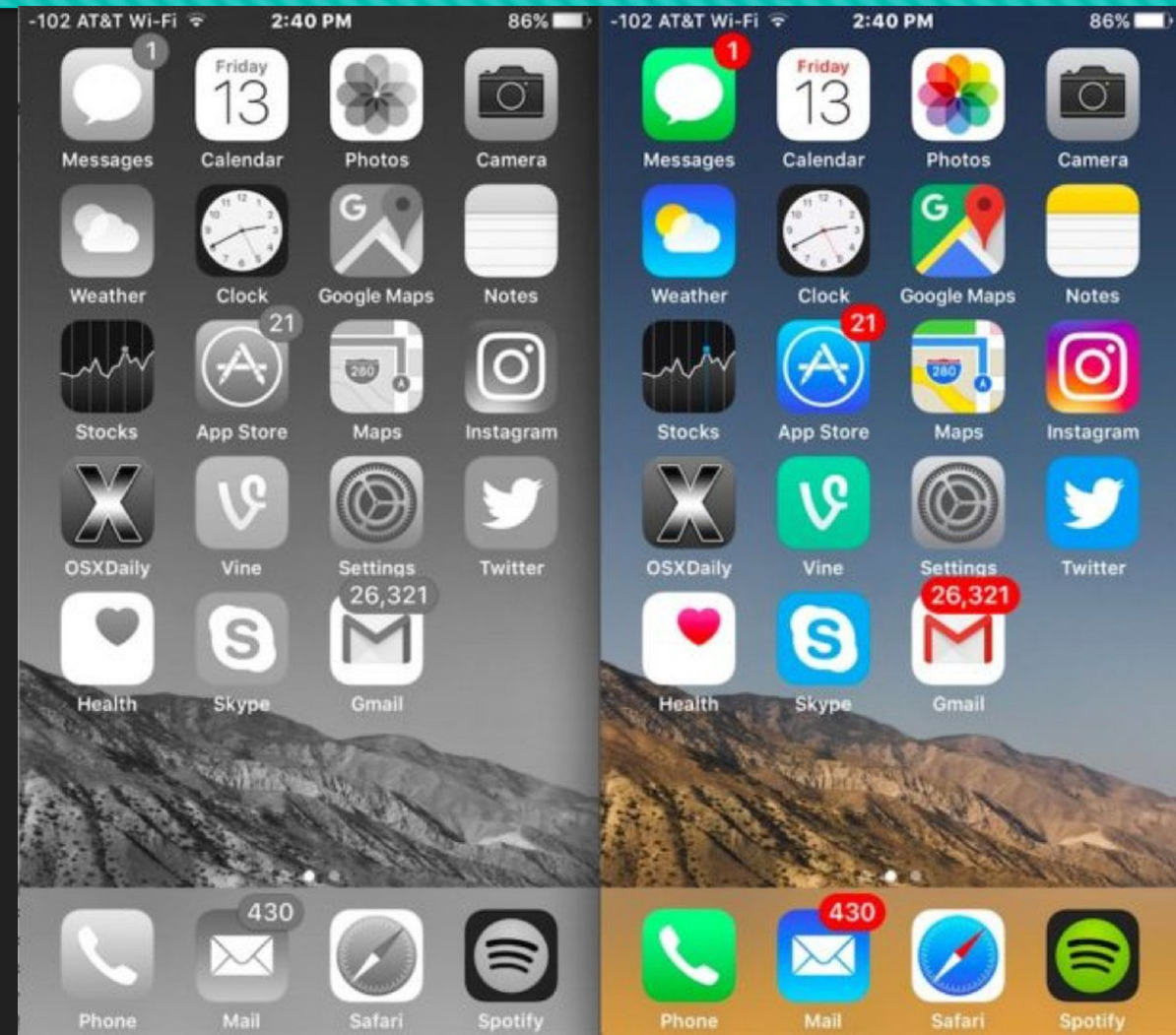






# SWITCH-ON THE GRAYSCALE FILTER ON YOUR PHONE

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

# DEVELOP YOURSELF

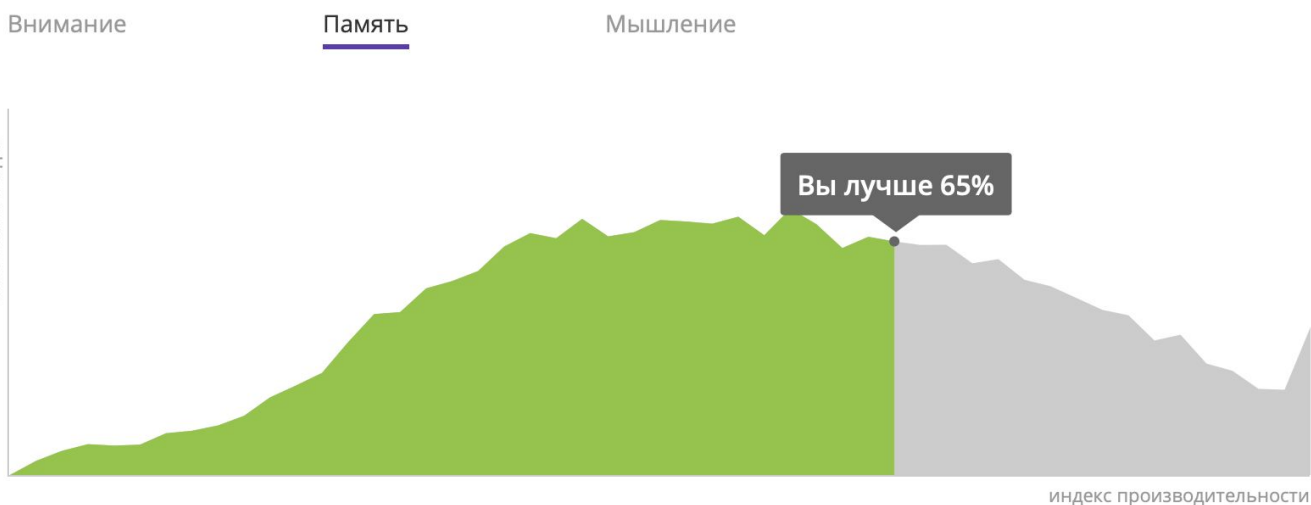
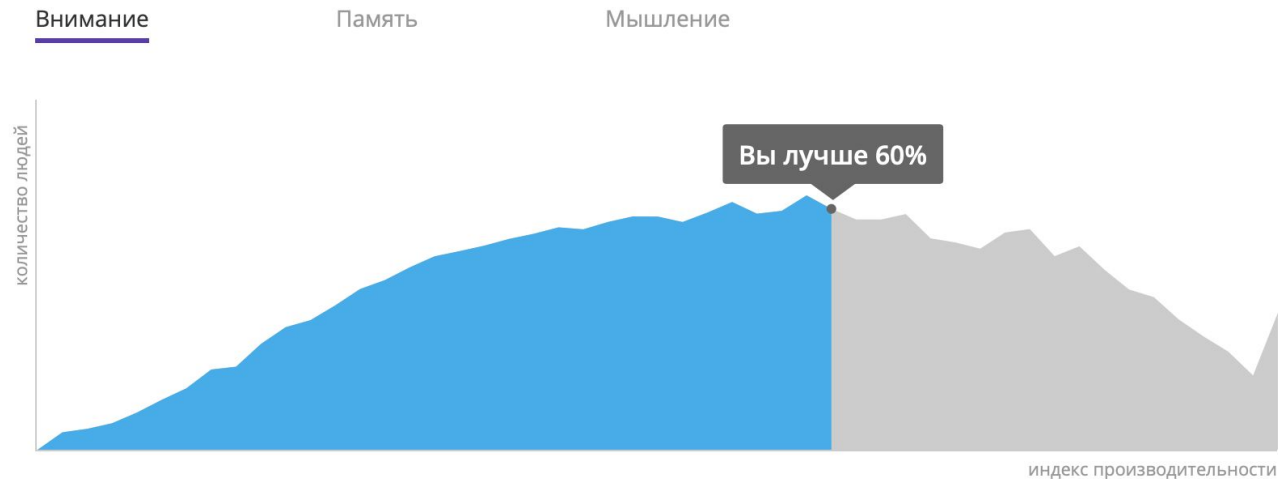
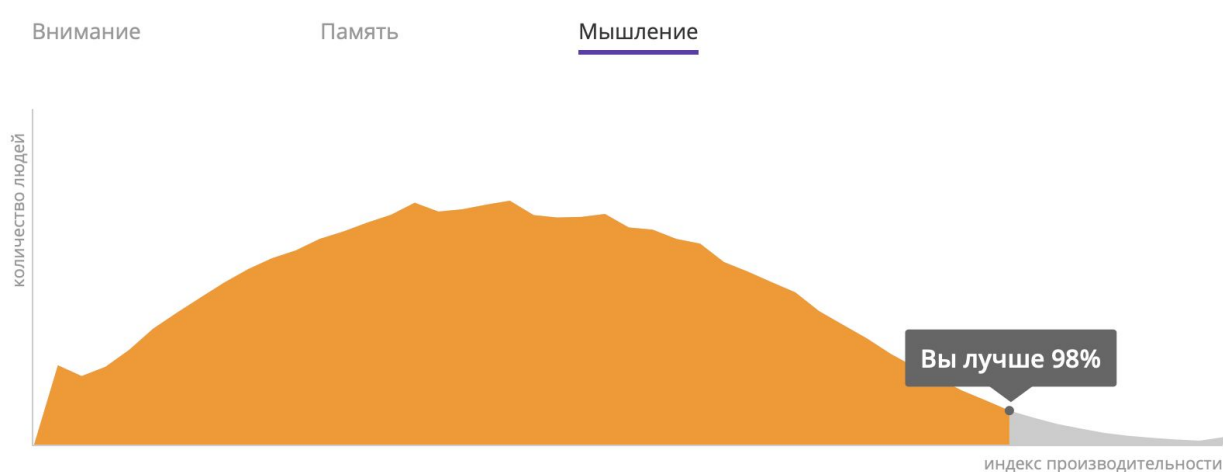
**How do you think, how much time takes the new habit creation?**



# DEVELOP YOURSELF

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

# ALEXANDER KHOMENKO CHARACTERISTICS



**Develop yourself!**

[vk.cc/8HKeoi](https://vk.cc/8HKeoi)

The background consists of a teal upper section and a black lower section, separated by a jagged horizontal line. The teal section has a fine, diagonal hatching pattern.

**THANK YOU FOR YOUR ATTENTION!**