From Ewa-

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<https://www.researchgate.net/publication/368301459_Student_Attention_and_Distraction_in_Community_College>

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<https://www.researchgate.net/publication/388708713_The_role_of_self-regulated_learning_in_modelling_the_relationships_between_learning_approaches_FoMO_and_smartphone_addiction_among_university_students>

Innovative technology

<https://www.tandfonline.com/doi/full/10.1080/2331186X.2024.2425205#d1e181>

How to study

<https://www.researchgate.net/publication/378436816_Teaching_Students_How_to_Study>

Time management

[**https://files.eric.ed.gov/fulltext/EJ1097402.pdf**](https://files.eric.ed.gov/fulltext/EJ1097402.pdf)