

uncluttered	tidy, well-organized
free from chocolate wrappers and sports socks	[figurative] without the usual clutter or mess in the room
The odd hour here and there	an hour of work occasionally
overwhelmed	when everything is too much to manage
can make you go all wobbly	can make you feel you cannot manage
visual learner	you learn best when you see pictures, diagrams, etc
mind maps	diagrams where ideas are linked visually [show an example]
hitting the books	studying, revising
alleviate the boredom	make things more interesting
get a proper night's sleep	sleep or rest enough to work well the next day
frame of mind	emotional and mental state
visualise	to have a picture of something in your mind
halved	reduced to 50% (made easier)
nag	continually
conducive to studying	(place) which helps you to learn and revise
practical help	help by doing things or getting things ready
regardless of the outcome	it does not matter what the result is

go about things	do/approach things
draw up	organize, make, write
tick them off	mark when you have completed them
pop on	put/stick/pin on
focus on	concentrate on
bottle things up	keep problems to yourself, instead of talking about them with family or friends
look forward to	feel happy or excited about an event planned in the future
dwell on	spend unnecessary time talking about