Get yourself a "day timer" calendar ( book stores have these as does Office depot etc, The good ones have replaceable pages, and a place to write out goals etc.

Set some goals for this academic year that ensure your longer term success at meeting your school objectives ( timely graduation with a solid  training and experience in your profession)

Sub divide those yearly goals into semester and monthly to dos

Prioritize those to dos in terms of what has to happen before others (if this is relevant)

Set weekly to dos and select those things that are most difficult or unpleasant for you and arrange to do work on those BEFORE you do work on your favorite or easiest things each week

Pick a place at home and one on campus where you will work undisturbed and undistracted

Arrange your daily schedule such that you spend time in those two places in between your classes and other activities ( meetings, Lab, Field work, Stipend work, etc.) Fill in that schedule into your day timer and cross off those things that you actually get done. Set those unmet goals as priority and get on them before proceeding

When working on your things, in one of the two places, only have the material for a given task out on the table /desk at any one time. Work until you have finished a set amount of material/ questions/ writing etc. OR set a time limit for each activity in a given time slot.

Get some "graph" paper and start a cumulative graph ( for each subject / class/ activity etc.) of the time you spend on each task / subject matter and add the time spent on a given subject/course/ activity onto the last entry such that you have a total time spent on that activity to date. ( IE. minutes and hours are the "ordinate" or left hand side of the graph and days are the horizontal axis ( the abscissa).

Ideally you should set a timer for the amount of time you have designated for a given work session.

When you are working and you find yourself thinking about ANYTHING that is NOT the work at hand.. stop the timer if possible and  get up and force yourself to relax and walk about for 1 minute. Then sit back down start the timer again and start in again until that session is over. In other words don't let yourself be  siting at your work place and daydreaming or doing other things. or contemplating other things. Remember to record the amount of time you worked on something onto your graphs at the end of each session.

If disturbed at your work place stop the timer and get up and move somewhere else. IE phone calls, conversations, flirting, etc. should not be done in your work place..do them everywhere else.

Always have some relevant reading material to work on when you are out and about such that you are not wasting time in lineups, at the dentist office, the car dealership, etc.

I know this all seems weird and compulsive. But believe me it works.

What you should notice is that even after a week of doing this, once you arrive at  your work place, your attention will become more focused on the work and you will get more done and concentrate more easily.

Look at your graphs and see how much time you are putting into each task area. If one or 2 subjects get all the time, try to work on other areas BEFORE those that seem to get all of your time (notwithstanding the fact that some subjects will take more of your time because the tasks are larger).

Arrange for daily and weekly "presents" to yourself for completing your schedule work times. These are outings, movies, beers with the gang, dates, etc. (yes this is assuming that school IS the top priority in your life right now, and regular life is somewhat on hold, at least until you can prove to yourself with the data you collect that you are so organized that you can "have it all". This is the other  probable outcome of my method because it makes you more "efficient" such that you have your time and priorities under control..by definition

PS Remember to schedule regular times for exercise of some kind as well as some regular mealtimes. You cannot do all of this and not be in reasonably good health..especially to able to concentrate for specific time periods.

hope this helps and if you follow any of it I would like to know if it is working for you. Feel free to contact me with your success ( and if you run into problems)..Larry