

Improve Your Concentration

What we know about concentration:

- There are 2 causes for loss of concentration: external and internal
- There are 3 levels of concentration: light, moderate, deep
- Every time there is an interruption, the level of concentration returns to light even if you think you are good at multi-tasking

Controlling External Distractions:

Studying:

- Select a quiet place to study where you will not be interrupted
- Have a comfortable, but not too comfortable chair– avoid your bed or sofa
- Have all the things you need at your desk
- Reserve this place for work only so you associate it with studying
- Arrange uninterrupted time – tell friends and family when you are free – turn off phone, Facebook and anything else in your control
- Use a schedule and plan to study at your best time of day

Lectures:

- Review previous class and prepare for next lecture
- Sit in the front or in direct line to the professor
- Stay alert – chew gum, sip water
- Ask questions in your head or out loud
- Listen to professor's language for cues as to what is really important

Controlling Internal Distractions:

- Deal with academic worries – join a study group, speak to professor, get a tutor
- Deal with personal problems- speak with family, friends or see a counselor
- Not feeling well – see a doctor
- Fatigue – get a good night's sleep
- Hungry – eat 3 balanced meals/day
- Track often you lose concentration and what triggers it
 - Change environment if necessary
 - Make a promise to reduce frequency
- Positive self talk
- Reward your self when goal is accomplished