

STRATEGIES TO IMPROVE YOUR CONCENTRATION

WHAT WE KNOW ABOUT CONCENTRATION:

- There are 2 types of cause 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 staying focused and 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, social media, 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 counsellor
- Not feeling well – see a doctor
- Fatigue – get a good night's sleep
- Hungry – eat 3 good meals a day or snack often on nutritious food
- Track how often you lose concentration and what triggers it
 - change work environment if necessary
 - write down your worries/thoughts for later and get back to work
- Use positive self-talk
- Motivate yourself with a reward for when your goal is accomplished