

Concentration Tips



- ➔ Work at a time of day when you know you are alert.
- ➔ Make sure you have everything that you need before you begin.
- ➔ If something has you worried or anxious, write it down on a piece of paper before you study. Put your “worry list” aside, but add to it any nagging thoughts that distract you while you are studying.
- ➔ Study in an area that is without external distractions – noise, poor lighting, TV, interruptions from friends, etc. Find a study space that suits you.
- ➔ Work with another person nearby (someone whose work habits you admire and who will not distract you) to encourage yourself to concentrate more fully.
- ➔ Set goals for every study session that are specific and realistic (number of problems to solve, pages to read, etc.) Before you can focus on a task, you must know what that task is.
- ➔ Break-up the content of study by alternating between subjects and by incorporating a variety of interesting topics.
- ➔ Make studying an active process. Engaging in a variety of different types of studying (such as reading, writing, taking notes, memorizing, making review sheets, making note cards, creating outlines, etc.) can help keep you interested and on task.
- ➔ Recognize how what you are studying is relevant to your life – give it meaning! Draw connections between new information and things you already know.
- ➔ Be sure to get enough sleep, eat well, and exercise regularly. Your mind will be more alert and you will be less likely to fall asleep or daydream.
- ➔ Stop studying when you feel your mind starts to wonder. Take a quick break, try to relax and re-focus yourself.