

# IMPROVING CONCENTRATION



## 1 KEEP TRACK OF YOUR ATTENTION SPAN

By becoming aware of when & how often your mind wanders, you can begin working at reducing daydreaming & increasing your focus.

## 2 PAY ATTENTION TO YOUR PHYSICAL STATE

If you are hungry or tired, or if you need to use the washroom or get some exercise, you will likely have difficulty focusing on your studying. Take care of these needs before you start to study or take a break during your study.

## 3 RECORD YOUR START AND END TIME

When doing work, try to record the time you started and the time that you lost focus. This helps you know how much time you actually spent doing work and when you began losing your concentration.

## 4 USE A TIMER

Set the alarm on your phone for the amount of time you want to study, then try to get as much done as possible before the alarm goes off. Use the timer for your breaks as well so that you avoid time wasters.

## 5 STUDY AT THE TIME OF DAY WHEN YOU ARE AT YOUR BEST.

## 6 ALTERNATE SUBJECTS

You will remain more focused if you vary your activities about every hour. Start with your most difficult subject when your concentration level is high.

## 7 CHEW GUM

According to recent research, the act of chewing gum significantly increases the flow of blood to your brain. These studies show that when chewing you are able to concentrate more intently and remember new information better. Chew sugar-free gum to avoid spiking your blood sugar.

## 8 ESTABLISH A STUDY AREA

A quiet, serious space like a desk at home or a library study room on campus is most appropriate for studying. When you regularly go to that space, your mind will readily become prepared to read or focus on your coursework.

## 9 CONTROL THE LEVEL OF NOISE AROUND YOU

It may not be necessary, or even desirable, to maintain complete silence; however, it is probably not productive to have loudness either. Try differing amounts of background noise or music to see which suits you best.

## 10 SET GOALS FOR YOURSELF

Make them short-term and attainable. When you reach them, reward yourself.

## 11 TAKE NOTES

When studying, you may find you are spending a lot of mental energy trying to remember to do some of the other things in your life. If you write them down, it frees your mind to concentrate on your studies.

## 12 TAKE TEN MINUTE BREAKS EVERY HOUR

It is impossible to concentrate effectively for long stretches of time

## 13 DO 5 MORE

When you want to give up, push past the point of frustration by doing just FIVE MORE. Read five more pages. Finish five more math problems. Work for five more minutes.