

IMPROVING CONCENTRATION



If you are not specific about what you want to accomplish, how will you know if you have accomplished it?

Your concentration will be enhanced when you have a focus and know what you want to achieve.

- **Set a goal** for what you want to accomplish during each study session. This may assist you in focusing your attention on the specific tasks at hand and give you feedback about your progress.
- Live in the moment and **focus on the task at hand**. Put worries and concerns out of your mind for now. When you are done studying, make a point of addressing these problems.
- If the same issues or distractions constantly sabotage your studies and concentration, seek help from a professional trained to address them.
- **First things first**. Before you can focus mentally, you must satisfy your physical needs. If you are hungry, tense, or tired, your concentration plummets.
- Try to maintain an “**I’ll try to do the very best I can under the circumstances**” attitude rather than an “it must be perfect” one.
- Try to **maintain a regular place for study free of distractions**, such as television, people, the fridge, and so on.

- Try to **work for a set period of time** so that you know an end point is in sight. Restlessness sometimes gets worse when it seems that the work you are doing has no end in sight.
- **Choose instrumental music over vocals.** If music is a necessity during your study sessions, make sure it is instrumental. Vocal music tends to be more distracting and can deter concentration.
- Try to **have all your books, notes, and working materials at hand.** Having to get up and search for things can add to distractions.
- Early in the semester **examine your general knowledge of the subject matter** for each of your classes. If you do not have a good foundation, seek out the resources that will improve it. Tutoring and study skills workshops are made available by the **Center for Academic Enrichment & Outreach.**
- **Discuss the course with classmates.** This will help reinforce concepts and themes and may also give you an ideal chance to discover other points of view about the course. The group setting is an excellent way to work actively to study.
- **Keep good notes.** If you're not sure your notes are the best they could be, compare them with your classmates. If you are still not confident, ask the instructor to help you review and enhance them.
- In general, test and anxiety are often marked by a generally negative point of view. As you are working, try to **repeat positive affirmations** such as "I'm doing a great job" or "My daily review sessions will really pay off".

