



Improve Your Concentration

Do you find that, when you are studying, you have trouble staying focused? Does it seem like you just can't keep your mind on your work? If so, you may be going about studying the wrong way.

Distractions come in two forms: external and internal. External distractions are things like the television, the phone, your little brother running around the room. Internal distractions are those that only have to do with you, like being hungry or tired or sad.

Write down your most common distractions in the spaces below.

External Distractions:

Internal Distractions:

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- Study before you get too tired.
- Schedule plenty of time to get your assignments done.
- Take periodic breaks while studying, especially if you feel as though you've lost your focus.
- Figure out when your best time of day is. Are you a morning person? Or are you most alert in the evenings? Once you figure out when you are most focused and energetic, arrange your schedule so you can spend that time studying.
- Find a study area that has the fewest possible distractions. Go to the library, turn your cell phone off, and sit near other people who are intently studying. If that doesn't work, find another area.
- Make sure your study area has bright, even light.
- Set realistic goals for your study session. Set yourself up for success!
- Make sure your goals for your study session match the amount of time you have to spend on studying.
- Vary your study tasks. Read a little, then do some math, then make a study sheet. Keep your brain active and interested.
- Check your syllabus and assignment guidelines to ensure you know what to do.
- Stay focused by taking notes on your readings, writing in the margins of your books, stopping to recite information you've already covered, and working out sample problems.
- Jot down what's distracting you on a separate sheet of paper and set it aside.



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