

# Concentration Tips

## 1. Choose a place to study.

It should be:

- free of traffic which will interrupt and distract you.
- well lit (at least 150 watts for reading)
- set up with furniture that promotes alert posture.

Try to study in the same place all the time. You will develop a “study association” with this place which will promote concentration.

## 2. Choose a study time.

All of us experience some times of high energy during the day, times when we are most alert and ready to concentrate. Analyze your own daily peaks and valleys, and plan to do concentrated study when you are most alert.

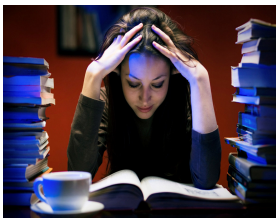
## 3. Be prepared.

### Have materials available.

Gather everything you will need before beginning a study session. Having to interrupt study to find a calculator or sharp pencil reduces concentration.

### Keep a scratch pad handy.

Decide that you will write down distracting ideas as they occur and that you will tend to those matters after you have finished studying.



## 4. Focus attention to begin study.

Set your goals.

Decide exactly what you want to accomplish in the amount of time that you have (e.g., “I want to be able to define three concepts by 4 pm”).

Review what you know.

Prepare for reading by studying your notes from the preceding pages. Prepare for working problems by reviewing the text pages that describe the kinds of problems you will be doing. Prepare for an essay by reviewing the ideas you’ve already generated.

## 1. Keep attention focused while studying.

### Interact with your assignment.

Talk to yourself, question the ideas being presented, summarize the materials, think of examples, think of analogies, recall similar situations or problems, associate the information with what you already know.

### Assess your concentration.

When you are distracted, just write down what interrupted your concentration and return to your task. You will find that noting interruptions will help you maintain your focus in the future.

## 6. Reward yourself!!

When you have met your goal, reward yourself! Tell yourself how much you accomplished, congratulate yourself, take a break, call a friend, or relax a few minutes before you begin to study again.