

Concentration

Back on Track



Look over notes before class. This will refresh your memory about what was discussed in the previous lecture and get you in the mindset.

Resist distractions. Sit towards the front of the room and in the center.

Practice active listening. Try using these simple techniques: face the listener, maintain eye contact, minimize internal and external distractions and engage yourself thinking of questions/counterarguments.

Try the “shadowing” technique. In your mind, repeat the lecturer’s last sentence in your mind until you are focused on the lecture again.

Stay awake! Take advantage of lecture. It is the one time where you are directly taught the information.

Make studying interactive. To avoid simply staring at your notebook, make use of other study methods besides just looking over your notebook. Try reviewing your notes with flashcards or a study group.

Take short breaks, frequently. The average college student has a concentration length of only about 20 minutes. Make your study time more effective by taking 5- 10 minute breaks when you feel yourself not concentrating anymore.

Find your place to study. Do you prefer to study with music or dead silence? At a desk or in a comfy couch? Ask yourself these questions and then find 1-2 places that are comfortable for you to do your work.

Stick to a routine. After you find your 1-2 best study places, stay consistent and only study in those places.

Set up your space. Lay out your necessary books, notes, writing utensils, and other materials, so you do not stop in the middle of studying to find something and get distracted.

Study when you have the most energy and best level of concentration. Research has shown that your mind is fresher during the day.

Study for your harder classes first. You have more energy at the beginning of your study time to do your harder homework.

Break your larger tasks down. You will be more focused if you have a mini-goal in sight, such as: read textbook chapter 13 or review one set of math problems.