Concentration

Tell me, I forget
Show me, I remember
Involve me, I understand

Concentration is:
the ability to focus attention and to ignore distractions

Distractions can be:
- Internal
- External
Internal Distractions

- Hunger
- Thirst
- Tiredness
- Illness
- Boredom
- Lack of interest
- Worries

External Distractions

- Noise
- Heat or cold
- Dim or bright
- Comfort
- Interruptions
- Follow through

Improving Concentration

- Plan
- Study place
- Deal with distractions
- Be here now
Improving Concentration

• Think time
• Breaks
• Energy levels
• Rewards

Concentration and Studying

Pay attention to your attention span and learn to work within it!

Boosting Concentration

• Have everything
• Away from others
• Respect privacy
• Maintain focus
Boosting Concentration

- Remembering why
- Overdoing it
- Personal issues
- Study partner

More Tips

- Can’t decide how to start?
- Daydream?
- Personal problems?
- Can’t get enough done?

More Tips

- Tired of thinking?
- Squinting or straining?
- Distracted by noise?
- Disorganized?
Training Exercise

- Preview
- Begin studying
- Note distractions
- Pencil in marks
- Aim for marks
- Review distractions

Wise Words

Concentration is the ability to think about absolutely nothing when it is absolutely necessary.

Ray Knight

Success in life is a matter not so much of talent or opportunity as of concentration and perseverance.

C. W. Wendte

Help is Available!

If you need more help, see your professor, a tutor, or a counselor.