

CONCENTRATION TIPS

Marianopolis Student Services

Eliminate distractions in your area

EXTERNAL DISTRACTIONS

- No beds, no computer, no phone, no TV, no stereo, no annoying siblings, parents, cuddly or talkative friends, no distracting posters, magazines, photos or love letters, no clutter or fidget-with-able objects, no food.
- Reward yourself with the above when you take a break (recommended break - 10 minutes after every 50 minutes of study). Don't miss your break!
- Create the optimal study station for yourself: desk, chair, clock, quiet, all the necessary school supplies, your school work and your schedule of assignments, tests, etc. for the term, visible and all inclusive. That's it. Maybe put up a sign that says "World's Greatest Student at Work."
- This is your study headquarters. Studying is all you do here.
- Regularly using the same space devoted exclusively to studying helps you concentrate.

INTERNAL DISTRACTIONS

- Take care of all physiological needs immediately. If you're hungry, eat. Thirsty? Drink. Postponing these things will only hurt your concentration (and your body).
- If you have worries or other preoccupations that are distracting you and they can be taken care of right away, do it. Examples: Wondering if you fed the dog, left the oven on, or locked your car door, etc.? Go and check. Otherwise these may drive you nuts and you won't get any work done. Had a misunderstanding with someone close? Call or talk to them now and resolve things fast. If quick resolution is not possible, make a plan with them to discuss things later. For any intrusive concerns that cannot be taken care of right away and quickly, stop your work. Write down a plan of action for future resolution and then return to studying. Knowing that things will definitely be taken care of later will free you to return to concentration mode now.

GET INTERESTED IN THE MATERIAL YOU'RE STUDYING!

- Why am I studying this? What do I want to get out of it? How will this stuff be useful to me, now and in the future? Having a purpose or a goal when studying helps you focus.
- How does this material relate to what I already know? Making links and associations with other familiar material will help.
- Anticipate what's coming up. Ask questions in your head based on what you know and study looking for the answers. This keeps you alert.
- Make it fun. Turn it into a story, song, game, something you can relate to.

BREAK YOUR SCHOOL WORK DOWN INTO MANAGEABLE STEPS. IT'S HARD TO CONCENTRATE ON A HUGE MASS OF MATERIAL AT ONCE.

For more information, see a counsellor at Student Services.