Concentration Tips

Do you find yourself distracted all the time when you are working or studying? Or do you find yourself unproductive when you are working or studying? People suffer from a low concentration span due to various reasons. Some possible reasons could include:

- Lack of interest in subject matter
- Lack of understanding of reading material
- Temperature is not good for studying
- Physical setting is not helpful for studying, e.g. chair, table and lighting
- Many distractions at your workplace like radio, TV, people, telephone
- Habit of taking breaks while studying

What can we do to increase memory?

- Understand why you are doing and what you are doing. Find a reason to like what you are doing. Talk to students who seem interested in the material to find out what motivates them and find your own motivation.

- Before attempting to remember details of each part, get a ‘bird’s eye view’ of the whole system. If you have problem understanding the material, ask for help early. Don’t wait until the last minute to try to understand. The last few days before your test should be spent reviewing.

- Expose as many senses as possible to the information. Write it, speak it, hear it and visualize it. Read with the intent to remember!

- Spend time in recalling and testing yourself to see how much of the material you remember.

- Practice the information for a quiz. Predict essay questions and write out your answers. Work out problems.
How to concentrate better when you study?

- Create a study environment with a straight but comfortable chair that fits you, a desk with all the equipment you need.

- Make sure that the light is bright enough but does not glare on your book or in your eyes.

- Schedule your most difficult subjects when you are at a peak mental efficiency. Do physical tasks like compiling a bibliography when you are mentally at low efficiency.

- When you find yourself consistently daydreaming or working without comprehension, it is time to stop and take a break. Listen to music, talk to someone, take a walk, do a chore, relax. Then repeat the cycle and start studying again.

Other tips

Also don’t forget your body’s needs. Remember to maintain good habits of diet, sleep and rest. Eat a well-balanced diet, exercise regularly and schedule 7-8 hours of sleep every night.

References

Taken from UHCL Counseling Services “Concentration Tips”
www.uhcl.edu/conselingservices