

HAVING TROUBLE CONCENTRATING?



Do you have difficulty concentrating?

Why are you distracted or bored?

What are you thinking about when your mind isn't focused on your work?

If you can identify specific problems, you will be better able to deal with them.

If you have severe difficulty concentrating, seek assistance!

- If boredom and/or the lack of concentration affect many areas of your life, you may need personal or career counseling.
- Don't be afraid to seek support: we all need help at certain points in our lives. These resources are here for you. Contact one of them today:
 - Academic Coaching & Tutoring Center, 249 Hanley Library
 - Academic Advising Center, 218 Hanley
 - Career Services, 220 Frame-Westerberg Commons
 - Counseling Services, 226 Frame-Westerberg Commons
 - Writing Center, 250 Hanley

Do you have a well-planned study schedule?

A well-planned study schedule will help remove your anxiety. Write out schedules for the term and for your weekly work. If you have study time carefully planned for each course, you won't worry about one subject while you are working on another.

Do you reward yourself for accomplishments?

Set a goal and reward yourself when you achieve that goal by taking a swim, going uptown, going shopping, having dinner out, watching TV, ect. Of course, the system does not work if you cheat and take the reward in spite of lack of accomplishment!

Are there physical distractions keeping you from concentrating?

- Remove physical distractions. Including you cell phone and other electronic devices. Choose quiet, comfortable, and well-lit places to study.
- Do not study when you are sleepy or hungry. Do not study in bed----this encourages sleep.
- Use some assertiveness with roommates, friends and/or family; insist on your right to uninterrupted period of study time.

Do you actively study?

- Limit your periods of study. Plan a two-hour block rather than a whole afternoon.
- Allow for brief periods away from your books; in the two-hour block, you might take a quick 5-minute break every 20 to 30 min. This will help keep you awake.

Do you establish a purpose for each study session?

- Know your purpose for each study session. Make sure you understand your assignments.
- Skim material to located key questions and main ideas.
- Maintaining a study purpose may allow you to eliminate unnecessary material.