

## GET FOCUSED

Everything from watching a great movie to studying for your toughest final requires you to focus your attention. Sometimes we break our concentration, and our minds decide to wonder off. Getting it back on track can be difficult!

- ★ **Hunger:** If you're hungry, you can't expect to sit down and focus. The same goes for after you've eaten a big meal. Try drinking a smoothie or eating some fresh fruit before you study!
- ★ **Fatigue:** It's tough to concentrate when you're tired. Some students have found success in getting up early (instead of staying up later) to study for an exam. Prevent body and mind fatigue by getting the recommended 6-8 hours of sleep.
- ★ **Distractions:** They come in all forms: noises, motion around your area, inner thoughts, feelings, materials, etc. Avoid distractions by calming your mind and distancing yourself from the disturbance.



### Set a Goal

- ★ Set a definite or specific time to study
- ★ "I will read ten pages and answer five questions tonight"



### Prepare for Concentration

- ★ Have your books, supplies, and study materials at your access
- ★ Every time you get up to grab something, you can break your concentration



### Vary the Activity

- ★ Anticipate fatigue during studying by varying your activity from time to time
- ★ Read for a period and switch to taking notes or reciting out loud



### "Prime Time"

- ★ The time when your thoughts, ideas, focus, and alertness are at their optimal state



### Pace Yourself

- ★ Trying to do too much too fast makes it even harder to concentrate!
- ★ When the assignment is too long, break it up into more than one study



### Prevent Daydreams

- ★ Break away from daydreams as soon as you realize it is happening!
- ★ Taking a little break will often help you get re-focused at the task at hand

### RECOMMENDED APPS

Centered



Toggl



Google Calendar



