



We've all had a time where we felt "lost" in something – a great movie perhaps? – where our total concentration was focused on one thing. But at other times, your mind wanders and its sometimes difficult to get it back on track!

- ❖ **Hunger:** If you're hungry, you can't expect to sit down and study. The same goes for after you've eaten a big meal!
- ❖ **Fatigue:** Its 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.
- ❖ **Distractions:** These may be as simple as noises or motion around your study area, or as complicated as inner thoughts and feelings that compete for your attention.

- Set a definite and specific plan to study.
- Instead of saying, "I am going to study Chemistry," set a goal instead: "I will read ten pages and answer five questions."



SET A GOAL

- Study in a place set up specifically for studying.
- Have the books and supplies you need available - every time you have to get up to get something, you break your concentration!



PREPARE TO CONCENTRATE

- Anticipate fatigue during studying by varying your activity from time to time.
- Read for a period of time and then switch to taking notes or reciting aloud.



VARY THE ACTIVITY

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



PACE YOURSELF

- The best way to overcome daydreaming is to be aware of it happening!
- When you find yourself daydreaming, try rapidly reviewing the material you have covered.
- It also helps to take a break!



PREVENT DAYDREAMS