

# Concentration Techniques

Jot down things that are *on your mind* before you study, then set this list to the side. Add to it anything that *distracts* you while studying. Take care of the list later.

Establish a *regular "study time"* routine at the *same time* each day. Set a *timer* for an hour, don't stop studying before it goes off.

Make sure you have *everything* that you need before you start studying.

Make sure your environment is *conducive* to studying (no TV, no telephone, no roommate, no boyfriend/girlfriend).

Make studying *active*; take notes and make review sheets. Intersperse *different kinds of study* into one session (reading, writing, memorizing, etc.)

When you catch yourself *diverting*, make a mark on a sheet of paper. At the end of the session, combine them. Set a goal to have *fewer* next time.

Connect study material to *your life*. Draw connections between things you *already know*.

Insure that you are *sleeping* enough, *eating* well, and getting regular *exercise*. Your mind will be more alert (less falling asleep or daydreaming).

Take *breaks*. A 10 minute break for every 50 minutes of study time is a good guideline.

Study in an area *away from distractions* such as a library, study lounge, or an empty classroom.

Set *realistic* goals for your session. When you have met one of your study goals, *reward yourself* with a short break. Then, return to your study area.

