

STUDYING 101: OPTIMIZING CONCENTRATION

DEALING WITH DISTRACTING THOUGHTS

- Keep a notebook handy when studying
- If a distracting thought arises, write it down
- Plan to address the thought later. Once you have written it down, you can tell yourself “I’ll come back to this”
- Gently shift your attention back to the task at hand

After your designated study time, look at the thoughts you have written down. Most likely, many of them will be unimportant!

What distracted me during my review:

- History of bread making
- Megalodon vs Mosasaur
- TLC strange addictions



LEARNING RESOURCES

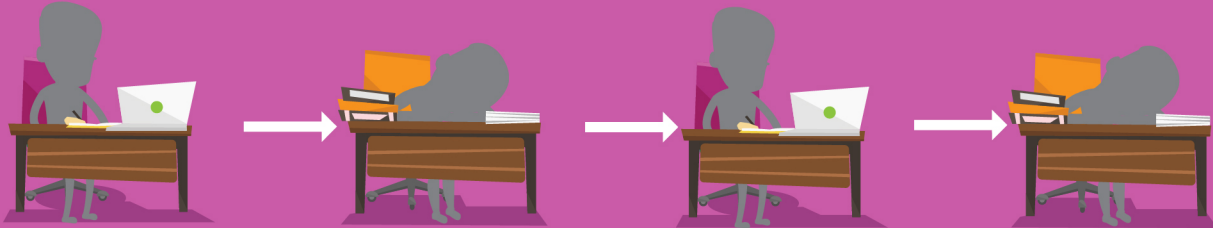


STAYING FOCUSED...

MANAGING YOUR ATTENTION SPAN

Under normal circumstances, how long can you focus on a boring task before you get distracted?

Work with your natural attention span, and practice stretching your attention window with this technique. In this example, we use 20 minutes, but it can be longer or shorter.



Using a timer, work for **20 minutes**, take a **5 minute** break, work for 20 minutes, take a 5 min break (Repeat the cycle for a pre-determined amount of time, but less than 2 hours on a given task)



ATTENTION SPANS CAN VARY BETWEEN INDIVIDUALS AND BE INFLUENCED BY CONTEXT

You can practice stretching your attention window by slowly increasing the time on a task (i.e. work for 25 minutes instead of 20)
The use of a regular break helps you recharge your attention span