

# Concentration

## The Problem

In many colleges over 8% of the students report problems concentrating on their studies. Most of these students blame outside distractions for their problems.

Many research studies manipulating noise levels and distractions have found that such disturbances may increase, decrease, or not even affect concentration. These researchers have therefore concluded that distracters don't cause concentration problems directly. It is the way the distracters are interpreted by the students that disrupts their study.

## Creating a Study Environment

- [1] Find a place to study and keep it for study only.
- [2] Tool-up the environment with all study needs.
- [3] Control noise level and the visual environment to acceptable levels.
- [4] Avoid relaxing while working; create a work atmosphere.

## When to Study

- [1] Best during the day and early evening; you'll remember better.
- [2] Best when there are the fewest competing activities in progress.
- [3] Best when adequate rest periods are provided.
- [4] Stop studying when fatigue or lack of attention occurs.

## How to Study & Concentrate

- [1] When distracters are present, become intensely involved.
- [2] Keep a pad of paper handy to jot down extraneous thoughts that cross your mind while studying; get them out of your mind and on to paper.