Concentration Tips for Coastal Carolina University Students

“Smart Student Series”
By the Office of Accessibility and Disability Services
Exercises to Improve Concentration

1. Strength Concentration
   Twice a day take a simple object, such as an apple or pencil, that you could easily see in your mind. Try and keep it strongly in your mind for 5–10 minutes. This will be hard to do at first because random thoughts may pop up but keep trying because over time it will become easier.

2. Empty Your Mind
   Start off by making a list of everything you need to remember, this will help clear your mind. After this take 5–10 minutes to quiet your mind. You will not be able to completely stop your thoughts but you can train yourself to not pay close attention to them and just to let them flow past your mind.

3. Visualize for Practice
   - Imagine yourself studying for a test and doing well or working on a project and completing it well
   - Imagine yourself staying calm, cool, and focused during the day. The more you do this the more it will influence your life
   - Over time this will give you better time management skills and make you more motivated to do your work.
Tips to Improve Concentration While Studying...

- Pick a place to study that has the least amount of distractions.
- Give yourself plenty of study time so you are not worrying about rushing.
- Make sure you have everything in front of you that you will need.
- Have a positive outlook on what you are doing and think about accomplishing the task at hand to the best of your ability.
- Ask yourself questions about the topic you are studying and look for your answers as you study.
- Only work in 40–50 minute sessions. Make sure to take small breaks to keep yourself from getting too tired.
- Take notes on the main points of what you are studying and keep referring to them as you study.
- Break your work into smaller parts, that way it is easier to work with.
Extra Tips...

- Carry note cards around with you. Divide each card into three sections (morning, afternoon, and evening) and anytime you start day-dreaming make a tally mark in the appropriate section. Eventually you will start to notice a decrease in tally marks as your concentration improves.

- Map out your energy levels for a week. When your energy levels are at their peek you should study your hardest material. When your energy level is at its lowest, choose material you most enjoy or is the easiest to understand.

- Turn off your cell phone and don't allow yourself to get on websites that have nothing to do with the material you are working on.

- Make sure you are in a comfortable study area and that it has proper lighting

- Give yourself a reward for completing your work and improving your concentration.
Keep Focused

- **Five More**—When getting close to frustration just say to yourself, “Five more minutes”, or “Five more pages”.
- **One Think at a Time**—If you are having trouble getting multiple thoughts out of your mind, write them all down and then start concentrating on what is important.
- **Conquer Procrastination**—The more you put it off the more guilty you are going to feel about it. To prevent this, ask yourself, “Do I have to do this?” “Do I want it done so it’s not on my mind?” “Will it be any easier later?” This will give you motivation to actually get started.
- **Use Your Hands as Blinkers**—Cup your hands around your eyes as you read to help block out distractions around you.
- **See Material as if it were for the First or Last Time**—Really look at what you are learning and remain focused.
References:


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