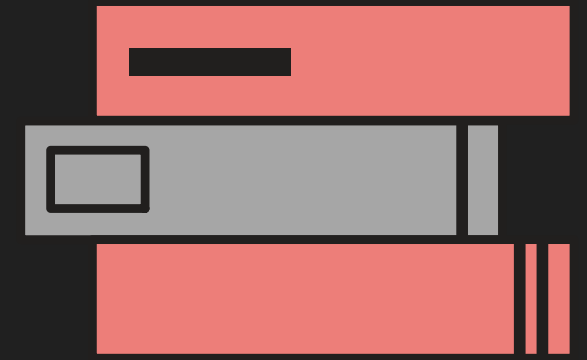


Concentration Tips

Study Environment

- Find a good study spot with comfortable and good seating
- Find a quiet spot with few distractions
- Designate a space exclusively for studying
- Gather all of your study materials before you sit down



Reduce Distractions



- Put your phone on silent
- Close unnecessary tabs on your computer
- Find a quiet location to study
- Let the people you live with know that you are studying and that you do not want to be disturbed

Study Breaks



- Take frequent study breaks
- For every 45- 50 minutes of studying, take a 10-15 minute break

Time Management

Worry Sheet

- Create a worry sheet
- Each time your mind wonders write down your thoughts on this sheet
- Set aside time during the day to review your concerns

- Determine the amount of time that you will need to study each day
- Try to schedule your study time during the time of day when you are most productive
- Break larger assignments into smaller tasks
- Create goals or to-do lists of the tasks you would like to complete during your study time

Reward System

- Give yourself a reward when you complete your tasks
- Make sure your rewards are proportional to the tasks you completed



Active Studying

- Sit up right in a chair
- Ask yourself questions
- Quiz yourself on the material
- Take notes on what you are reading
- Check your understanding of concepts

