

# Improving Concentration

Concentration is essential to studying efficiently. The following are some strategies that can help you improve concentration and maximize your study time.

AVOID DISTRACTIONS	KEEP ACTIVE MENTALLY	INCREASE YOUR COMMITMENT	PAY ATTENTION TO YOUR ATTENTION SPAN
<p>Set up an environment that is conducive to study, such as a quiet space away from distractions.</p> <p>Make sure that you have all the materials necessary to study (for example: notes, textbook, pens, a comfortable chair and adequate lighting).</p> <p>Minimize internal distractions, such as hunger, thirst and fatigue.</p>	<p>Stop periodically and ask yourself questions on what you just studied.</p> <p>Summarize the main points of your notes or the text you are reading.</p> <p>Vary your study activity and focus. Alternate between reading the text and reviewing your notes.</p> <p>Develop a way to test yourself on what you studied.</p>	<p>Set goals to get work accomplished within a specific time frame (For instance, commit to reading Chapter 12 between 1 PM and 2 PM)</p> <p>Increase your interest in the subject that you are studying. It is easier to concentrate when you are curious about a topic.</p> <p>Relate the information that you are studying to a previous experience or something familiar.</p> <p>Join a study group. Working with a partner can help keep you engaged and committed to the process.</p>	<p>Your attention span may vary depending on time of day and subject matter. Over time you may be able to train yourself to work for longer time periods.</p> <p>Take a break when you notice your mind starting to wander.</p> <p>Plan to study difficult material when you are most alert.</p> <p>Reward yourself for completing tasks; this keeps your motivation level high.</p>



Yeshiva University

Learning Success Center

PH: 646-592-4285 | [learningsuccesscenter@yu.edu](mailto:learningsuccesscenter@yu.edu)