

# Concentration



*Tell me, I forget*  
*Show me, I remember*  
*Involve me, I understand*

Macon State College  
Academic Resource Center  
Academic Success Skills workshop Series

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## Concentration is:

the ability to focus attention and to ignore distractions



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## Distractions can be:

• Internal



• External

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## Internal Distractions

- Hunger
- Thirst
- Tiredness
- Illness
- Boredom
- Lack of interest
- Worries



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## External Distractions

- Noise
- Heat or cold
- Dim or bright
- Comfort
- Interruptions
- Follow through



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## Improving Concentration



- Plan
- Study place
- Deal with distractions
- Be here now

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## Improving Concentration

- Think time
- Breaks
- Energy levels
- Rewards



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## Concentration and Studying

Pay attention to your attention span and learn to work within it!



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## Boosting Concentration

- Have everything
- Away from others
- Respect privacy
- Maintain focus



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## Boosting Concentration



- Remembering why
- Overdoing it
- Personal issues
- Study partner

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## More Tips

- Can't decide how to start?
- Daydream?
- Personal problems?
- Can't get enough done?



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## More Tips



- Tired of thinking?
- Squinting or straining?
- Distracted by noise?
- Disorganized?

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## Training Exercise

- Preview
- Begin studying
- Note distractions
- Pencil in marks
- Aim for marks
- Review distractions



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## Wise Words



Concentration is the ability to think about absolutely nothing when it is absolutely necessary.

Ray Knight

Success in life is a matter not so much of talent or opportunity as of concentration and perseverance.

C. W. Wendte

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## Help is Available!

If you need more help, see your professor, a tutor, or a counselor.

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