

## Overcoming Concentration Problems

Here are some suggestions to help you manage common internal distractions.

*"I'm bored with the subject."*

1. **Accept** that the goal of a decent grade is worth the studying you'll have to do.
2. **Skim** the chapter first to find the key ideas. Sometimes they are located in the back.
3. **Ask** who, what, where, when, why, and how questions before reading.
4. **Study** with someone.

*"I have trouble getting started."*

1. **Set up** a study schedule and stick to it. The sooner you begin, the sooner you'll finish.
2. **Break up** your study time into small blocks. (See *Study Cycle* in the Learning Center.)
3. **Use whatever extra time you have to study** such as before class, while waiting for the bus, before eating, etc. It's easier to start studying when you know it is just for a couple minutes.

*"My mind wanders."*

1. **Study in the same place** at the same time if possible. Use that place for study purposes only. If you study in a kitchen or dining room, sit in one chair for eating and a different chair for studying. Soon your mind will actively start associating that place with studying.
2. **Read faster** or try skimming.
3. **Summarize** each paragraph and page either orally or in your notes.

*"I always feel so tired when I study."*

1. **Get enough sleep**, eat well-balanced meals, and exercise. The mind and body can't perform at top level when they are neglected.
2. **Don't read in bed** since your mind associates bed with sleep.
3. If you start feeling tired, pace the floor or read and recite out loud.
4. **Schedule non-study activities** for periods of the day when you are just too sleepy to study.

Remember that feeling tired is often just a way of avoiding studying.

Brought to you by the

*Linn-Benton*

COMMUNITY COLLEGE LEARNING CENTER