

Concentration Tips

1. Study Environment:

To create a productive environment for you, look at some of these possible factors:

- Distractions/noise level
- Temperature
- Lighting
- Relative comfort

Everyone's ideal study environment is different; tailor yours to your needs. Start by putting your phone on "do not disturb" or turning it off.

2. Consider your schedule:

- Set realistic goals.
- Break large tasks into smaller tasks.
- Study at a time of day when you are most awake and can focus the best.
- Set a plan to study (schedule it in!)

3. Know what you want to accomplish:

- Create a list of terms/concepts you are not confident with.
 - While reading, focus on those problem areas instead of trying to absorb everything at once.
 - Check items off of your list until you feel ready to do a full overview.

4. Get the facts:

- Maximum concentration varies from 15-20 minutes.
- Take breaks after 45-50 mins to absorb the information and not burn out.
- Review your lecture notes at least once within 24hrs of the lecture to increase your chance of remembering.

5. Are your thoughts wandering while you try to study?

- Is the wandering manageable? If not, seek help from Counselling, Access Resource Centre, or the Wellness team on campus.
- Acknowledge that your thoughts are wandering and find the source.
 - Hungry?
 - Need a brain break?
 - Need to switch study topics for a bit?
- Create an outline for yourself with goals for your study session and refer to it when your brain wanders.

6. Is it hard to follow a lecture?

- Talk with your professor after lecture or during office hours to find solutions.
 - Maybe they'll allow you to record their lecture or offer additional notes or support.
- Preview: Spend 5-15 minutes before lecture skimming through the section of the textbook that the lecture will be covering
 - Focus on major headings and information boxes.
 - This preview will "prime" your memory to receive the information.
- Review: Within 24 hours of the lecture, spend 15-45 minutes reviewing notes.
 - Rewriting the information in your memory will solidify it and highlight where you need further review and understanding.
- Sitting closer could help with lecture volume or slide/board visibility.
- Swap notes with a classmate or create a study group to go over lecture material.
- Book an appointment with a study skills tutor at the Academic Success Centre.

7. Check out your diet:

- Keep an eye on how food affects you.
 - Too much *or* too little can affect concentration.
- Keep snacks in your bag if necessary.
- Eat healthy foods and limit alcohol; it can make your brain sluggish.
- Drink water! Hydration is very important for brains!

8. Consider other reasons why you may not be able to concentrate:

Thinking about other important life events or dealing with any difficult issues? Consider some of the help you can receive on campus:

- Medical Clinic
- Counsellors
- Access Resource Centre

Resources:

- Health and Well-being Resources: <https://www2.unbc.ca/health-and-wellbeing>
- Medical Clinic: <https://www2.unbc.ca/medical-clinic>
- Counselling Services: <https://www2.unbc.ca/counselling>
- Access Resource Centre: <https://www2.unbc.ca/access-resource-centre>