

# Concentration

Learn how to get focused and stay focused.

- **Internal Distractions** - Monitor your thinking when doing coursework both in class and out of class. Identify what is negatively affecting your concentration and work to eliminate or minimize the thoughts or actions that draw your attention away from that task.
  - Keep an attention list
  - Check your concentration
  - Review time management and memory principles
- **External Distractions**—Analyze your environment to see if it helps or hurts your concentration.
  - Shut yourself away from noise and distraction
- **Compartmentalize your life**



## COD TUTORING SERVICES

LEARNING COMMONS: ONE-STOP ACADEMIC SUPPORT CENTER

**(630) 942-3686**

## Concentration Apps

Download from iTunes or Google Play



**Forest: Stay Focused, Be Present**

Beat phone addiction.



**Luminosity**

Brain games designed to improve your mental focus.

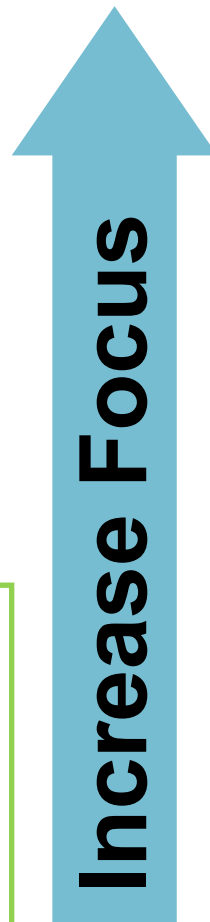
## COD Resources:

### Counseling and Advising Services

Student Services Center (SSC), Room 3200

(630) 942-2259

### Center for Access and Accommodations



Try to study at the same times and in the same places. This way, you can program your mind to promote concentration.



Be intensely involved. Tell yourself that what you are doing is important and needs your full attention.



Structure your study sessions so you know the time you will spend and the material you will study.



Select the right company (or no company at all).



Attempt to place personal problems aside if you can't postpone studying. You simply won't get anything done worrying.



Get some sleep! Lack of sleep destroys your ability to concentrate.