The Problem:
Many college students report having difficulty concentrating while studying or working on course material. Follow these tips to help you build your concentration skills for school!

Creating a Study Environment:
- Find a place to study and keep it for study only.
- Make sure your study area has all the supplies you need – writing utensils, paper, etc.
- Control noise level and the visual environment to acceptable levels.
- Avoid relaxing while working; create a work atmosphere.
- Put away distractions such as your phone, and turn off the TV.

When to Study:
- Before bedtime—you'll remember better.
- When there are the fewest competing activities in progress.
- When adequate rest periods are provided.
- Stop studying when fatigue or lack of attention occurs.

How to Concentrate while Studying:
- When you begin studying, make a list of tasks you will achieve in that study session.
  - Start by noting how much time you will study in this session (e.g.: 60 minutes).
  - List realistic goals that you can achieve, and check items off as you achieve them.

  Example: 60-minute study session
  ✗ Read Chapter Three (30 min)
  ✗ Review notes from Monday (20 min)
  ✗ Make flashcards of new vocabulary (10 min)

- Design adequate rewards after specified goals are attained.
- Break-up the content of study by mixing up subjects and building in variety and interest and removing boredom.
- Make the most of rest periods—do something different. Get up and move for a few minutes.
- Don't try to mix work and play: don’t watch a TV show in the background, or be on your phone.
- Plan the length of your study period by the amount of material you have decided to cover.

Diagnostic Matters:
It is necessary that you identify which subjects are related to your concentration problems. You may notice that you really don't give yourself a chance with these subjects because of the time or place you use to study. It is also valuable to assess your motives for studying in the first place. What is the reward for your effort?
- Remember that you **can** change your study habits if you try!