

IMPROVING CONCENTRATION

When we focus and concentrate, we have a much better chance of taking things in and learning. There are many factors that affect our ability to concentrate, most of which we can control ourselves.

Life is full of distractions but to learn we need to concentrate. If we don't, we miss important information - information that may be difficult to access and understand later.

The issues with concentrating are not dissimilar to lacking motivation, so it's worth reading our motivation tips article.

Here are our top seven ways to tackle a lack of concentration, and focus on our projects once more.

1. Make a plan

Without a plan, it's easy to get caught up with other activities like boiling the kettle, or texting a friend. Write down what you need to achieve, and when you'll do it

2. Get healthy

If you eat well, exercise and get your rest, your body is energised and fuelled. Get into the habit of regular sleeping and eating patterns and avoid greasy foods, alcohol or coffee

3. Take a break

Most people can only concentrate for around 30-40 minutes. If you're studying for longer than that, losing concentration is only natural. Take a break, get some fresh air, and let your mind rest before you get back into it

4. Set a routine

Have regular and consistent study times. Make it the same time every day. Knowing that it's coming up to your study time will prepare you mentally for it, and help you concentrate

5. Change your environment

A simple change of scenery may well help you re-focus on the task at hand. If you're at home, go to a café or library. If you're at the library, go home

6. One at a time

Don't try and do too many things at once. Forget everything else you have to do, and concentrate on the immediate task at hand

7. Bribes always work

If you're having difficulty concentrating, promise yourself a reward. That could simply be a half hour off to relax in front of the TV, or a promise to have the weekend off without homework or study.