



Concentration

1. Analyze your study space

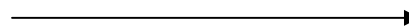
Use these criteria to analyze each of the places that you usually study. The space that scores the **fewest** “Trues” is the place you should probably select as your favorite study spot.

- People frequently interrupt me when I work here. T / F
- I have access to a phone, a TV or a refrigerator. T / F
- There are items in the space that make me think about things other than studying. T / F
- I take a lot of breaks when I study here. T / F
- There are always people to talk to in this place. T / F
- I get easily distracted by people watching when I work here. T / F
- The lighting is dim or distracting. T / F
- The chairs and tables are too comfortable or uncomfortable. T / F
- The temperature always seems to be wrong. T / F
- I study here infrequently or at random times during the week. T / F

If none of your usual study spots score well use the steps below to find a place that will.

2. Set aside a study space for study and study only.

- Find a specific place (or places) that you can use for studying. For example, the campus libraries, vacant classrooms, quiet areas in the Student Centre, bedroom at home, etc.
- Make a place specific to studying. You are trying to build a habit of studying when you are in this place. So don't use your study space for social conversations, emailing, day-dreaming etc.



3. Make sure that your space has:

- Good lighting
- Ventilation
- A comfortable chair
- A desk large enough to spread out your materials

4. Make sure that your space does not have:

- A distracting view of other activities that you want to be involved in.
- A telephone
- A loud stereo
- A TV
- A roommate or friend who wants to talk a lot
- A refrigerator stocked with scrumptious goodies

5. Divide your work into small, short-range goals

- Don't set a goal as vague and large as ... "I am going to spend all day Saturday studying!" You will only set yourself up for failure and discouragement.
- Take the time to block times that you have scheduled for study and set reachable study goals. For example, a good goal might be to "finish reading 3 sections of chapter seven in my Psychology textbook". Other examples of good goals are to "complete one math problem" or "write the rough draft of the introduction to my English paper."
- Set your goal when you sit down to study but before you begin work.
- Set a goal that you can reach. You may, in fact, do more than your goal but set a reasonable goal even if it seems too easy.

For more information or help come to the Learning Resource Centre.

