

# Improve Your Concentration While Studying

## LOCATION, LOCATION, LOCATION!

The study environment you choose can make the difference in how much you accomplish during that study session. A bad study environment is distracting and takes away from your studies. A good study environment facilitates learning and allows you to make the best use of your allotted time.

### Factors to consider in picking a study environment:

- **Lighting** - There should be ample light, so as not to cause eye-strain.
- **Noise** - The location you choose should have a low level of noise. Classical music has been shown to aid learning in some cases, but music other than that tends to be distracting. Talking is also generally distracting, so you want to minimize the amount of chatter that is audible from your study location. (Also, consider using earplugs!)
- **Possibility for interruption** - You want to minimize the likelihood that you will be interrupted. If you choose to study at home, you may want to turn off your phone or electronic device, put a "do not disturb" sign on the door, and alert your family members that you have work to do.

## DO NOT STUDY IN BED!

The human body gets trained to behave in certain ways based on the environment it is in. When in bed, the environment is telling your body that it is time to go to sleep, and you probably will.

## VARIETY AND MOVEMENT

- To fight boredom and burnout, try varying your subjects. Spend forty-five minutes to an hour on one then switch to another. Sometimes the change of pace is all you need.
- Take a short break. Get a drink of water. Walk around a little. This can stimulate better blood circulation to your brain.
- Take some deep breaths. Breathe with your diaphragm instead of your chest. This allows more oxygen to get to your brain, which in turn increases effectiveness in areas involved with concentration and learning. This tip also works during class.

## Helpful Tip

Do not sit in an overly comfortable chair because, as with studying in bed, too much comfort leads to sleepiness. Having a table in front of you is ideal but trying to read with a book in your lap can cause neck and eye strain.

**Eat Right:** Your nutrition is an important element to your concentration. Eat a healthy snack, but get back to studying! A piece of fruit, a granola bar, and unsalted nuts are great energy boosters.