Concentration Strategies

On the lists below, check off the strategies you are currently using

1. **Create the right environment:**
   o Comfortable, but engaging
   o Free of things that distract you (ex. Phone, laptop, etc.)
   o Well-equipped (office supplies, dictionary, snacks, water, etc.)

2. **Address your worries:**
   o Keep a worry journal – get your worries down on paper
   o Schedule worry time
   o Seek out support – speaking to a friend/relative, seeking counselling services
   o Learn relaxation strategies – breathing exercises, etc.

3. **Watch your health:**
   o Eat well (incorporate more protein as opposed to sugar in your meals)
   o Get enough rest (8 hours of sleep a night is essential)
   o Get enough exercise
   o Address any health concerns
   o Build in time for leisure (ex. Spending time with family/friends, hobbies)

4. **Manage your time effectively:**
   o Determine how much time you need to study
   o Budget frequent, short, specific study sessions
   o Set study goals (e.g. read 5 pages in the next 30 minutes)
   o Take breaks (10 minutes per hour)
   o Consider changing subjects or activities when you lose concentration
   o Maximize the use of your peak energy times (…am?…pm?)
   o Give yourself rewards for tasks well done!

5. **Study ACTIVELY**
   o Create questions from headings and read to answer the questions
   o Write summaries of readings and lectures
   o Take notes of readings
   o Discuss ideas with other students
   o Other ACTIVE strategies? ________________________________

*After completing the checklist, mark one or two new strategies you will try.*