CONCENTRATION TIPS

CREATE A GREAT STUDY SPACE

- Arrange the area to meet your study needs
  - Good lighting, ventilation, and temperature
  - Comfortable chair (but not too comfy!)
  - Desk or table large enough to spread out your materials
  - Adequate school supplies and resources handy
  - Post motivational pictures, articles or quotes if possible
- Control noise level and the visual environment to acceptable levels
- Steer clear from studying on a bed
- Commuter students are encouraged to stay on campus to study

DETERMINE YOUR BEST TIMES TO STUDY

- Study during your peak energy for the day – try to avoid late night hours
- Study when there are the fewest competing activities in progress
- Study when you are rested and attentive – not tired, anxious, or ill

TRY A FEW STRATEGIES

- Intend to focus – having a positive intention is a good starting point
- Set study goals before you begin (ex. number of pages, problems, etc.)
- Switch it up – avoid studying the same subject more than 2 hours straight
- Keep a notepad handy to jot down random thoughts that cross your mind
- Study with a pencil in your hand to take notes as needed
- Start with short study periods and gradually build to longer periods
- Take a break – an ideal ratio is 5 to 1 (study 50 minutes/break 10 minutes)
- Reward yourself after specific study goals are met, then jump back in
- Make the most of your break by returning a phone call or eating a snack – Remember to keep it brief to stay on target with your study goals
- Maintain good habits of diet, exercise, and sleep throughout the semester
- Develop a strong motivation – think of reasons why you WANT TO LEARN
- Grab a study buddy who will keep you on track with the task at hand
- Set a timer so you can monitor your progress without “clock watching”
- Spread the word – let family/friends in on your study plans so they can be an advocate, not a distraction, to your success

For more info on success tips, contact the Connect to Success Office
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