



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

Located inside the Learning Commons, room #1262

You can also reach us by email at:

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