



Focus and Concentration

Our study time is only as good as our ability to focus and concentrate while we're studying. Improving concentration and achieving sustained focus helps with school but transfers easily to other responsibilities in life as well.

TIPS TO INCREASE ATTENTION AND FOCUS

SLEEP	Prioritize sleep. Getting enough sleep is a big part of being able to focus in class or other situations requiring sustained attention.
EXERCISE	30 minutes of physical activity a day boosts brain health.
FOOD	Berries, citrus fruits, dark chocolate, nuts and eggs fuel concentration and focus better than sugary and starchy foods.
MEDITATION & MINDFULNESS	Meditating on things meaningful to you and focusing on the present make it easier to concentrate on other things.
BREAKS	Breaks are necessary, but be intentional about them. Schedule them— don't let distractions determine when you take a break. Identify common distractions and actively minimize them.
STUDY SPACE	Set yourself up for success by finding a location and an environment that is conducive to concentration <u>for you</u> , including lighting, temperature, and even ambient music
INVEST	Make meaningful associations between what you are learning and your life so the information feels more relevant.
STRUCTURE	Create a plan. Set specific goals for time or page numbers so you'll have a finish line. Resist the temptation to multitask!
PACE YOURSELF	Break projects into small steps and use a calendar or planner to keep you on track.
REWARDS	Reward yourself when you stay on task!

If you find yourself still struggling with concentration problems even after making changes to your routines and habits, and following these tips, additional support may be helpful.

Disability Resource Center
<https://www.usu.edu/drc/>

Counseling and Psychological Services
<https://www.usu.edu/aggiewellness/caps/>