

# CONCENTRATION

Are you able to stay focused in class? Or do you get distracted easily? Every student has his own **ability to concentrate**. This means how long you can keep your attention to one task without being distracted. That's why a good attention span is **important during your studies**. It is influenced by **multiple factors** and can change depending on the situation you are in and over time.



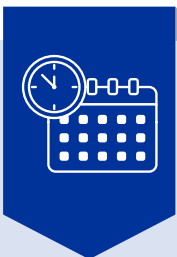
## DISTRACTORS:

- Internal: hunger, thirst, pain, stress, overthinking, fatigue, ...
- External: all things in your surroundings that can distract you, for example: noise, messy desk, people, animals, social media, mobile phone, laptop, to-do list, activities, ...



## INTEREST:

You've probably already noticed that it's easier to be focused on activities that you are interested in. Motivation and concentration go hand in hand! Not every task will be as interesting and thus as motivating to you. Know your pitfalls and apply the tips below, especially when tackling the less interesting tasks!



## RHYTHM & ROUTINE:

Do you study better in the morning or in the evening? Keep your biological rhythm into account. By establishing a daily routine, you will need less energy to follow your planning over time. Take enough breaks on a regular basis in between studying.



## STUDY METHOD:

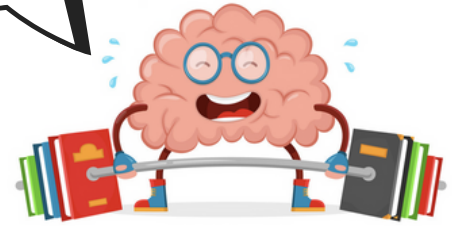
When you read a text or listen to the professor in a passive way, it's easy for your attention to slip away. Try to process your subject material actively by taking notes, making a schedule, structuring the course, finding connections, testing yourself with sample questions, telling the text in your own words, ... This way, it will be easier to remember the subject material and to stay focused.

# CONCENTRATION CHECKLIST

## INTERNAL DISTRACTORS

- ✓ **Not hungry or overfull stomach?**  
A healthy and varied diet is important.
- ✓ **Are you drinking enough water?**  
Limit caffeine intake (energy drinks, coffee, cola, tea, chocolate).
- ✓ **Do you exercise enough?**  
Go outside regularly and get some fresh air.
- ✓ **Unhealthy sleeping pattern?**  
More tips on this: [Infographic Sleep](#).
- ✓ **Not feeling good?**  
Discuss in time when you are stuck with something.
- ✓ **Too much stress?**  
More tips on this [Infographic Stress & Infographic Abdominal breathing](#).
- ✓ **Thoughts not under control?**  
More tips on this: [Infographic Overthinking](#).

**Train your brain!**  
*Your concentration is like a muscle you can train!*



## RHYTHM AND ROUTINE

- ✓ **Do you know your biorhythm?**  
Start every day at the same hour and plan enough breaks. You cannot be equally focused every moment of the day.
- ✓ **Good structure of studying?**  
More tips on this: [Infographic Pomodoro-technique](#).
- ✓ **Achievable planning?**  
More tips on this: [Infographic Planning](#).

## EXTERNAL DISTRACTORS

- ✓ **Good study space?**  
Do you prefer to study alone or together; at home or in the library; with music or earplugs?
- ✓ **Distractors gone?**  
Clear your desk, block apps/websites, turn off notifications on your mobile phone, put your laptop in another room, ...

## STUDY METHOD

- ✓ **Are you actively studying?**  
More tips on this: [Infographic Active and stratgic study](#).
- ✓ **Are you rewarding yourself?**  
What can give you extra motivation to study? (A tasty snack, getting some fresh air, playing with the dog for a while, ...)
- ✓ **Specific goals?**  
**Set small and specific goals.**

### Self-reflection:

Each person is unique. What factors influence your ability to concentrate? Focus on yourself! When can you concentrate better? Where are you at that moment? What are you doing? Why is this? What distracts you? When do/don't you succeed?

[Need extra help? Study Guidance takes care of you!](#)

