

## **Improving Concentration**

- Study in a quiet place that is away from distractions and interruptions
- Make a study schedule that shows what tasks you need to accomplish and when you plan to accomplish each task
- Find the time of day that works best for you—is it the morning, evening, or night?
- Study on a full stomach
- Break a large task into a series of smaller tasks and complete them one at a time
- Relax—if you treat studying like it's an overwhelming task, it will be...
- Avoid daydreaming
- Relate the content to something in your life, that should make it easier to recall later
- Don't fret about things that don't make sense—Make notes of things (or set things aside) that are giving you trouble while studying and go back to them later

\*information courtesy of [www.how-to-study.com](http://www.how-to-study.com)