I Find it Hard to Stay Focused When I Study and/or Get Motivated to Study

- Before you sit down to study, create a checklist of things you need accomplish while you study
- Set a timer when you study and stick to it
- Choose a study environment that is free of distractions (i.e., video games, loud noises, TV, music) and use this space consistently
- Identify how you study best (i.e., alone/in a group/with a study partner)
- Know your learning style. Try to tailor your study time based on your learning preferences
  - Visual Learners learn best from: films, pictures, reading, and demonstrations
  - Auditory Learners learn best from: lectures, discussions, films, and music
  - Kinesthetic Learners learn best when they move around when studying, use objects when studying, and role play ideas and concepts
- Do not study in your bed! Your body recognizes your bed as the place where you sleep!
- Make sure you get at least eight hours of sleep every night
- Do not study on an empty stomach or when you are not feeling well
- Make sure you have all the study materials you need close by
- Take regular, short breaks, when studying
  - 10 minute break when you study for an hour
  - 5 minute break when you study for 30 minutes
- Identify the time of the day that you study best and schedule your study time during that time
- Try to predict possible study interruptions and identify ways to avoid them
- Keep a notebook close by to write down any distracting thoughts you may have and deal with those thoughts after you study
- Reward yourself after you finish studying (i.e., go to the coffee shop, have a piece of chocolate, visit with a friend)

References:

Dartmouth College’s Academic Skills Center: http://www.dartmouth.edu/~acskills/docs/concentration_tips.doc
& Walter Pauk’s How to Study in College