

# Improving Concentration

Concentration means ability to focus the mind or thoughts on particular moment at one topic/point. While studying or doing any work students generally complain that they are not able to concentrate. This can be happen to a brilliant students as well as an average one. Students can score more if he or she is able to concentrate.

We all have the ability to concentrate some of the time. But at other times our thoughts are scattered, and our minds race from one thing to another. To deal with such times, we need to learn and practice concentration skills and strategies. Art of concentrate can be learnt just like any other skill, and with practice repeated day after day we can achieve enough improvement to feel that we can concentrate when we need to.

Our ability to concentrate depends upon

**Commitment-** To concentrate we need to make a personal commitment to specific goal to achieve and to put in the effort needed to do the task in the way which we realistically plan to do it.

**Enthusiasm-** If we are interested in the task and enjoy doing it, then we find it easy to motivate ourselves to start.

**Environment-** A place which has adequate light, ventilation, peaceful, calm and quite environment with comfortable feeling help in improving concentration.

**Emotional & Physical state-** When we are in good physical condition - i.e. feeling rested, relaxed and comfortable and our emotions are calm and benevolent, it raises self-esteem, which makes us more able to concentrate.

## Tips for Improving Concentration

✓ **Prepare yourself:**

- a) Switch off your mobile.
- b) be organised i.e. gather all your study material needed beforehand so that you don't have to get up again and again while studying.

✓ **Focusing:**

Set realistic and achievable target for the time period and commit yourself to achieve it.

✓ **Active learning:**

Everyone has their own distinct learning style. Some are visual learner i.e. by reading or seeing etc. while others may be auditory or kinaesthetic learner i.e. pictorial or graph or through tables, listening etc. The best way to learn is to involve all the possible senses. Once you know your learning style, organise the materials to suit it. It will enhance the concentration level. Therefore try to involve yourself in the task actively as much as possible.

✓ **Auto-suggestion:**

When you notice that your thought are wandering, say yourself 'STOP' and then gently bring your attention back. Each time it when you got distracted or

wanders bring it back. To begin with, this could be several times a minute, but say “STOP” each time and then refocus on the task. Don’t worry to waste time or energy trying to keep thoughts out of your mind because it will pay you later in improving concentration.

## Other Important Points to be kept in mind

- Study at fixed hours everyday.
- Take short breaks between long study hours.
- To relax in between do some activity which you enjoyed most like listening music.
- 7-8 hours sleep is very important to make yourself mentally and physically fit.
- Take nutritive and liquid diet like fruits, green vegetables, soup etc, Avoid taking too much tea , coffee or junk food.
- When you fix your study hours, let your family members also know that you are not to be disturbed during that period.
- Focus on one activity at a time.
- Do tasks that need most concentration at times when you are mentally and physically fresh:
- Meditation, Yoga and simple breathing exercise improve concentration.

## Other things that can help

- Find out Why I am not able to concentrate on studies.
- I can improve my concentration by:-

A-----

B-----

C-----

- Count number of ‘e’ or any other alphabet from a given paragraph of your book or newspaper.
- Playing SUDUKO can also help you to improve the concentration.
- Focus on the personal rewards of completing the topic satisfactorily.
- Positive attitude like ‘I can learn it’ is always helpful in improving concentration.