|  |  |
| --- | --- |
| If you… | Try to… |
| Are not interested in the subject you are studying… | Find a way to get involved with it:* Solve problems
* Create test questions
* Find websites related to the topic
* Study aloud with a classmate
 |
| Don’t know much about the subject… | * Ask your professor
* Buy a review book
* Look up info on the internet
 |
| Daydream while studying… | * Make a list of specific tasks to accomplish
* Set a time limit for each task
* Reward yourself when you complete the list
 |
| Get easily distracted while studying… | * Choose a study spot that is only for studying
* Make a conscious effort to not be distracted
 |
| Fall asleep while studying… | * Set regular bedtimes during the week
* Make a conscious effort to eat healthy foods
* Get some exercise each day
* Know what times of the day are best for you, and schedule them as regular study times
* Take regular breaks
 |
| Worry/think about other things while studying… | * Make a to-do list to stay on track, or keep a detailed calendar
* Talk to professionals on campus—your advisor; a counselor at SHAW; the SSC
 |

Focus and Concentration (Adapted from the CoC handout)