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| 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)