

IMPROVE YOUR FOCUS AND CONCENTRATION

If you find it difficult to concentrate when studying, try these science-based strategies to develop your attention skills.



EAT BREAKFAST AND DRINK WATER

Attention and memory is improved amongst students who eat breakfast and drink water.



GET ACTIVE

Physical exercise is good for brain function, including focus and attention.



BRAIN TRAINING

Improve concentration skills with cognitive tasks (e.g. Crosswords, Sudoku, memory games and mindful colouring). Start with 5 minutes and build up to 15 minutes of concentrated activity.



MULTI-TASKING IS A MYTH

Our mind cannot concentrate on two tasks at the same time. We may think we're multi-tasking but our mind is actually switching from one task to another, which makes us less productive as we have to return our focus to a task.



VIDEO GAMING

Video gaming can increase your visual attention, as you learn to focus on some things while ignoring other distractions in the game.

However, long hours of gaming is not good for concentration and can be a major distraction for study.



ELIMINATE DISTRACTIONS

Remove distracting things from your study area. A US study found that one text message was distracting enough to double the number of mistakes in a task.



SPEND TIME IN NATURE

Being in nature increases your concentration and productivity. If you can't get outside, having pictures of nature around your study area also improves focus.



GET ENOUGH SLEEP

Our brains function better when we're getting sufficient sleep. That includes improved concentration, memory and self-control.



USE MINDFULNESS TO IMPROVE ATTENTION

Mindfulness involves being aware of what is happening right now without judging it as good or bad.

Although it's normal to have thoughts pop into your mind, it's difficult to focus when you get 'hooked' or distracted by them. Through mindfulness training, you learn to focus your awareness, to notice when your mind is distracted by thoughts, feelings or urges and to return your focus to where you want.



Read the [Mindful Exercises flyer](#) on our website to help train yourself to focus. [Click here to read more about using Mindfulness exercises to improve attention skills](#)