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Improving Concentration

Concentration is essential to studying efficiently. The following are some strategies that can help you improve concentration and maximize your study time.

1. Avoid Distractions:

- Set up an environment that is conducive to study, such as a quiet space away from distractions.
- Make sure that you have all the materials necessary to study (ex: notes, text book, pens, a comfortable chair and adequate lighting).
- Minimize internal distractions such as hunger, thirst and fatigue.

2. Keep Active Mentally

- Stop periodically and ask yourself questions on what you just studied.
- Summarize the main points of your notes or the text you are reading.
- Vary your study activity and focus. Alternate between reading the text and reviewing your notes.
- Develop a way to test yourself on what you studied.

3. Increase Your Commitment

- Set goals to get work accomplished within a specific time frame (ex: I will complete reading Chapter 12 between 1pm and 2pm)
- Increase your interest in the subject that you are studying. It is easier to concentrate when you are curious about a topic.
- Relate the information that you are studying to a previous experience or something familiar.
- Join a study group. Working together with a partner can help keep you engaged and committed to the process.

4. Pay Attention to Your Attention Span

- Your attention span may vary depending on time of day and subject matter. Over time you may be able to train yourself to work for longer time periods.
- Take a break when you notice your mind starting to wander.
- Try to study difficult material when you are most alert.
- Reward yourself for completing tasks; this keeps your motivation level high.