

STUDENT SUCCESS CENTER

3 Tips to Improve Concentration Skills:

- 1. Take a Break**
- 2. Improve Your Sleep**
- 3. Make Time for Exercise**

What is Concentration?

Concentration refers to the mental effort you direct toward whatever you're working on or learning at the moment. It's sometimes confused with attention span, but attention span refers to the length of time you can concentrate on something.

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TAKE A BREAK!

When you first feel your concentration drop, take a short mental break with the following then resume working:

- **Yoga**
- **Take a Walk**
- **Eat a Snack**
- **Outdoor Activity**
- **Listen to Music**
- **Draw or Doodle**
- **Concentration Games**

Want to take some time away from studying? Take a look at the link below to play some concentration games:

www.mentalup.co/concentration-games

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IMPROVE YOUR SLEEP!

Regularly failing to get a good night's sleep can affect your mood and performance in school. Below are things you can do each night:

- Turn off the TV and put away screens an hour before bed.
- Keep your room at a comfortable but cool temperature.
- Wind down before bed with soft music, a warm bath, or a book.
- Go to bed and get up around the same time each day, even on weekends.

More tips for better sleep:

www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379

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MAKE TIME FOR EXERCISE!

Doing what you can is better than doing nothing at all.

If you struggle to find time to exercise or don't want to join a gym, try to think of fun ways to work it in throughout the day. If you get your heart rate up, you're exercising. Ask yourself:

- Can you walk to school?
- Can you split up your weekly grocery trip into two or three trips by foot or bike?
- Can you walk to the coffee shop instead of drive?

More ways to squeeze in a workout:

How to Make Time to Workout in College |
(soulfulseedsblog.com)