

STRATEGIES FOR IMPROVING CONCENTRATION

Task	Distractions	Cause (AIM)	Solutions
Attend lecture class	Hope the time goes by quickly so I can take a rest	I prefer breaks to study (I)	I will focus and spend more time in class instead of waiting for a break
	Do not want to volunteer to express opinions	Feeling that my opinion is wrong and afraid of being ridiculed (M)	I will be more confident to express my personal opinions in class
	Using cell phones during class time	I prefer texting with friends, surfing facebook, instagram and playing games instead of studying (I)	I need to focus more on class and not use my phone if necessary
	Feel cold	Hands and feet sweat a lot and the air conditioner in the room is low (A)	I can ask someone to turn up the temperature of the air conditioner to make it less cold
	Thinking about family	Worried about what they're doing and if they'll miss me (A)	I will prioritize my studies and if I want, I will call them at another time such as after school or free time

Work on assignment	Go out with friends instead of doing homework at home	I prefer hanging out with friends than doing homework (I)	I will arrange a specific time for learning and playing and do it properly
	Sleep instead of doing homework	I prefer sleeping to have good dreams instead of doing homework (I)	I will use my time to prioritize my homework and will rest when I'm done
	Noise from the next room	They turn up the volume when watching movies and listening to music quite loud and noisy (A)	Change to another place to study, maybe a library
	Often get headaches due to hot weather	Usually do homework in the noon, but sometimes the hot weather causes headaches, so it delays (A)	Choose a working time that is suitable for your health, it can be afternoon or evening but not too late
	Not correct your work to get the best results	Because I feel that the subject is not important, there is no need to correct it (M)	I need to correct my work so that I can get good results in my studies because every subject will be important so it cannot be ignored

Prepare for examination	Not preparig enough equiquest for the exam	I tend to be negligent and don't do enough testing before taking the exam (I)	I should prepare everything needed before the test day and will check again before taking the exam to make sure I have all the tools
	Don't care about test scores	Feeling that the score is not important, just take the test to pass the subject (M)	I need to set learning goals for myself so that I can try and work hard in the exams to achieve the results I want
	Can't concentrate due to the rain	Noise caused by heavy rain affects concentration and test-taking process (A)	You can ask the supervisor to close the doors so that the room can be more sealed and will reduce the noise caused by the rain
	Mistakes in the test due to not checking the test again after finishing	Finish the test early but relax instead of checking it again (I)	I need to check my test again to avoid making mistakes that lead to an unsatisfactory test result
	Distractions due to the supervisor's movement	The supervisor walked around many times causing me to be distracted and unable to concentrate (A)	I try not to pay attention to the examiner and focus on doing well on my test