
Describe something you do to keep you concentrated

You should say:

What it is

How often you do it

When you started doing it

And explain why it helped you concentrate

Usually, I meditate or do some deep-breathing exercise to keep myself focused on something.

I normally do it three or four times a week or when I feel I am distracted or absent-minded while I am distracted or absent-minded while I am handling something important.

I started doing my freshman year when the school set a meditation course. I was interested so I attended. Later, I grew to like it and started doing it on a regular basis.

Due to the heavy workload in university, I sometimes felt physically and mentally stressed. Occasionally, I could get so anxious that I found myself unable to concentrate on what I was doing. Then I found that after each half-hour meditation, I became relaxed and more energetic. Now, although I still have many things to deal with each day, I can always calm down and focus my mind on what I am doing through meditation. It's really helpful and has saved me a lot of time.

Is it important for children to learn how to concentrate?

Yes, schools are very demanding these days. Students have a lot of work to do. If they cannot concentrate and improve their efficiency in what they do, they cannot have an advantage in the fierce competition.

其他观点

Yes. Concentration can help children achieve more. And if students cannot concentrate in what they do, they might be considered to have attention deficit, which will affect their psychological wellbeing.

What can employers do to help employees to concentrate?

They can create a comfortable and quiet work environment for the employees. Even better, they can put some sports equipment in the company and encourage employees to do more exercise to release their stress. They can be more concentrated afterwards.

其他观点

Employers can provide incentives for employees. If employees can finish their work with good concentration and efficiency, they should be awarded. In this way, employees are likely to become more concentrated.

What kinds of distractions are bothering you in your life?

Recently the noise coming from a construction site near my home is bothering me a lot. When I study at home, I couldn't concentrate because of it. I hope my windows can be more noise proof.

其他观点

When I study at the library, the noise some students make when they are chewing the snacks is quite bothering to me. It's just very irritating to the ear. I hope those students can care more about others and learn to be quiet.

Have you ever felt difficult to concentrate?

Yes, I have. When I have many tasks to do at the same time, I find it really hard to concentrate. I guess I really need to improve my multi-tasking skills.

其他观点

Yeah. When I do something that I'm not interested in or something that I find boring, I cannot concentrate very well. For example, I cannot concentrate well in my math class. This is something I need to improve.

What kinds of jobs require higher concentration at work?

Jobs like interpreters and computer programmers need high concentration. They need to focus on what they are doing to avoid mistakes, otherwise, they cannot deliver quality results.

其他观点

I think jobs like proofreaders and shooting athletes require very good concentration. Their work cannot be distracted in order to achieve good results or performances.