**STRATEGIES FOR IMPROVING CONCENTRATION**

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| **Task** | **Distractions** | **Cause (AIM)** | **Solutions** |
| Attend lecture class | Private talk | M | Limited and highly focused on the lesson. |
| Smartphone | A | Limited or no use when it is time to study. |
| Game | A | Sign out and close the gaming application. |
| No interest in learning |  | Create your own excitement, joy or motivation. |
| Laptop | A | Turn off the computer and focus on the lecture. |
| Work on assignment | Smartphone | A | Keep your phone on silent and away from your desk. |
| Doing too many things at once | I | Arrange a reasonable time for work. |
| Stress and fatigue | M | Learning how to reduce stress is the best method. |
| Laptop | A | Turn off all social networking sites like facebook, zalo... to focus more on work. |
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| Prepare for examination | Readings | A | Allocate reasonable time to do homework. |
| Think miscellaneous | M | Focus on preparing well for the exam and motivating yourself. |
| Install the online exam app | I | Ask or search on google for how to install the app. |
| Smartphone | A | Put your phone away and focus on preparing for the exam. |