

How students' Attention and Distraction influences learning?

Excellent Educator, Volume No: 1, Issue No: 16, Page: 1

SUMMARY

EXISTING KNOWLEDGE

1. **Importance of Attention in Learning:** Attention is a critical cognitive skill influencing focus, comprehension, and retention. Distraction diminishes performance, particularly in multitasking environments.
2. **Community College Challenges:** Community college students often face unique barriers, such as work obligations and family responsibilities, affecting their ability to maintain focus.
3. **Effective Teaching Strategies:** Active learning, group activities, and clear classroom rules have been shown to enhance attention and engagement.

NEW INSIGHTS

1. **Multitasking Misconceptions:** Strom et al. found that most students believe multitasking helps them manage workload, though it often leads to reduced efficiency, more errors, and fragmented focus.
2. **Impact of Environmental Distractions:** The study revealed that home is frequently cited as the most challenging environment for focus,

with family interruptions being a significant issue.

3. **Preferred Learning Conditions:** Students reported better attention during self-directed learning tasks, group discussions, and lessons featuring visual aids. They struggled most during lengthy reading assignments or when lectures were not engaging.

PUTTING RESEARCH INTO PRACTICE

1. **Reduce Multitasking in Assignments:** Teachers should educate students about the inefficiencies of multitasking and design tasks that encourage focused, single-task engagement.
2. **Enhance Interactive Learning:** Incorporate visual aids, group discussions, and balanced lecture activities to align with student preferences and maintain attention.
3. **Support Study Environments:** Educators and parents can create distraction-free zones at home and encourage structured study routines to improve focus.

Cite/Refer this article: *Excellent Educator*. (2024). *How students' Attention and Distraction influences learning?* *Excellent Educator*, 1(15), 1.

Reference:

Strom, P. S., Strom, R. D., Sindel-Arrington, T., & Rude, R. V. (2023). Student attention and distraction in community college. *Journal of Educational and Developmental Psychology*, 13(1), 41–52.

<https://doi.org/10.5539/jedp.v13n1p41>