

10 EASY WAYS TO STAY FOCUSED

Sometimes the teacher will cover material that is not interesting to you or is confusing, making it difficult to pay attention. Here are suggestions to help you focus:

- 1. Ask questions!**
Don't sit passively focusing on how bored you are. Get involved by asking questions! Be actively involved.
- 2. Don't watch the clock!**
Watching the clock blocks out information coming into the brain. Class time ends up being a "torture" session. The brain "checks out" rather than "tuning in"!
- 3. Humanize the subject!**
Find something about the material you can relate to. Pretend you are a character in the material you are reading about.
- 4. Talk to other students.**
Talk to other students who are involved and do like the subject. Find out why! Maybe you've missed something!
- 5. Ask for help!**
Research has proven that students get bored when they are confused by the subject material. Stay after class and ask the teacher for clarification of the material.
- 6. Ignore distractions!**
Don't look around the room or out the window. Sit in the front and watch the teacher! This helps you stay focused.

7. Get ready to listen!

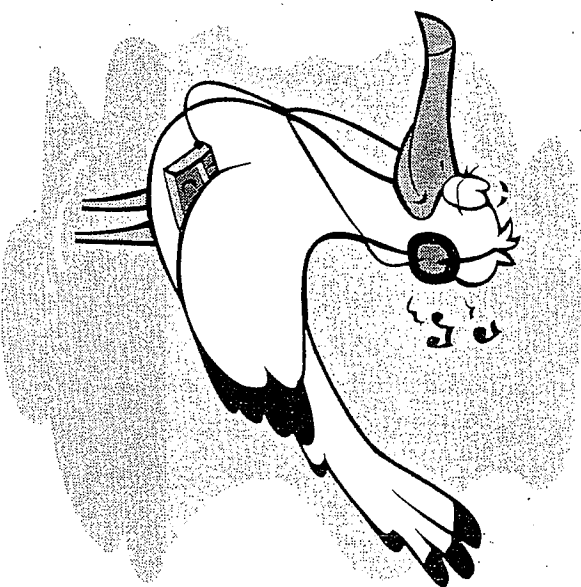
The minute you sit down, get ready to listen.

8. Take notes!

Write down everything the teacher says. This keeps your mind from drifting.

9. Have a positive attitude!

10. Be self disciplined!



Stay focused and tune in!