

# Concentration & FOCUS



Strong concentration makes study time effective and leads to greater learning. Follow these tips to sharpen your focus.



## Sleep

Prioritize sleep—it's essential for focus and sustained attention.



## Food

Berries, citrus fruits, dark chocolate, nuts and eggs fuel focus.



## Connect

Connect learning to your life. Make the material interesting and applicable to you.



## Study Space

Choose a study space with ideal light, temperature, and sound.



## Exercise

30 minutes of physical activity a day boosts brain health.



## Breaks

Take breaks to relax with activities like walking or listening to music. Avoid screens and junk food.



## Pacing

Divide projects into chunks and track your progress. Set clear goals and stay focused—avoid multitasking.



## Rewards

Reward yourself when you stay on task!



## Mindfulness

Mindfulness trains your brain to be present and less reactive, reducing mind-wandering.

