



Tips for Focusing on School Work

"Without concentration there is no focus, and without focus there is no learning."

1. Enter school and the classroom every day with a positive attitude. Do not think, "This is the last place I want to be," but "This place will help me get closer to my future goals."
2. Sit near the front of the classroom and away from others who may not pay attention so I can hear and am less likely to be distracted.
3. Treat the classroom like a place of employment and my teacher like a boss. Make sure that my behavior is seen in a positive way by both my teacher and my peers.
4. Make a conscious effort to pay attention. Concentrate on concentrating. Begin to ask yourself throughout the lesson, "Am I getting this information?" If not, take note of where the teacher is at in the lesson and be sure to go back to it or ask about the topic later to make sure you understand.
5. Always pay attention the last 5-10 minutes of class instead of thinking about what you will do when the bell rings. Teachers often cram very important information at the end of class including upcoming assignments and tests.
6. Create a good study place at home that is comfortable (but not too comfortable) and free from distractions. Make sure I have all of my study materials at hand and keep snacks and water handy.
7. Create a rewards system for myself. Setting up a system where I earn rewards for completing tasks may motivate me.
8. Take short breaks while studying at home so that I can come back and refocus on the task at hand.