

HOW STUDENTS CAN CONCENTRATE THEIR ATTENTION ON STUDIES?

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Abstract: *In this article, there are some top tips of concentrate of students while studying. Hope, you can use them in your learning.*

Key words: *distractions, studying, study invironment, precise goals, study schedule, pomodoro technique, psychological studies, rewards, achievements.*

In the modern times, the basal issue in governments to progress is study. If you have problems which are related to distractions or demerits of motivation and you want to concentrate all your attentions to studies, read this article and pick up the top tips of how to stay open-eyed and get rid of distractions while studying are nodus that we all face. We hope that it can help you on paying all your attentions to learning without exception.

Create a suitable study environment

First of all, the onefold but the biggest issue for students is that they do not choose the right place to study. It is essential to constitute your study invironment which you don't think of in connection with relaxing, namely, the place where there is not any bed.


As humans, we are creatures of tendency to break. Many students read and do their tasks lying down. In this situations the passion for reading fades away. So always try to be on the move. For to the one who stopped want to sit, to the one who sat down want to lie down, and to the one who lay down want to sleep.

Create a study schedule

The rich fruit of spontaneity grows in the garden that is, well tended by the discipline of schedule. Another reason why today's students lose concentrations on studies is that they don't have a personal schedule for future. Unfortunately, they chase after the industry where they can make more money than the profession they are interested in. This is their main mistake. Choose a career that interests you. This will be your high step in life. Spend your whole day accordingly to the schedule, don't waste a single second of your life in vain. Do the bests as much as possible focus all your attentions only on your goals. Build your life on your own.

Prevent from all possible distructions in advance





Nowadays, this may be an obvious point to make, however it is doubtless one of the most important when it comes to finding ways to avoid distractions while studying.

Like most of us, you find yourself in picking up your phone, such as you see the screen flash, or look into your emails, like a new alert snap. You know that phones, apps and websites can be the death of all productivity. So turn off all of your notifications, even better putting your electronic devices before beginning reading. It can help you to stay focus on your studies.

Try the Pomodoro Technique

The Pomodoro Technique has been called out students to help stay focused and do their working timetables more focused. Its basis is very simple: select a task to work on, set a timer, work until the ring sounds. Then take a short break. It can be recommended that you should study for 25 minutes and have a 5-minute short break. Thus, you can enjoy with your engagement. In addition, with the help of the Pomodoro Technique you can accurate how long your task has taken.

Memorize, working straight through the time without any interference is the key to achieve the success of the Pomodoro Technique. It means no replying to emails, no hopping a glass of water. Just straight-up study time.

Promote yourself regularly

People tend to take rewards, gifts and praise, especially students. After completed each of your plan on your schedule, give rewards yourself regularly. It can help you to add passion to your passion and maintain concentration for longer periods of time. No matter what it is you are rewarding, the more you associate good praise with studying, the more motivated you will feel when you begin working on the next part of your goals schedule.

To sum up, concentration is not difficult as we imagine. Only it requires from you an interest, desire and believe in it. Our purpose in linking this article is to give some advice to students which can help to achieve their bests. We hope that your goals will be accomplished with the help of our tips.

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