



LASSI Worksheet: Concentration (CON)

Name: _____

How does improved concentration benefit you?

- Improves studying efficiency
- Greater ability to remember subject matter
- Helps with comprehending course material
- Increases participation in class
- Leads to more effective note-taking
- Prevents the influence of distractions

Identify: List at least **four** things that distract you when you're studying (i.e. cell phone and background noise):

Focus: Pick one big distractor and a smaller distractor to work on improving. Write down the distractions below:

Big distractor: _____

Little distraction: _____

How can you manage distractions and improve concentration?

In Class

- Participate in class discussions, and make an effort to ask questions.
- Ask your instructor if they can record their lectures.
- Put away your phone.

While Studying

- Identify the best study environment for your optimal focus; some study better in chaotic environments, but most do not.
- If you are unable to eliminate distractions at your regular study location, you may want to move somewhere else.
- Isolate yourself if conversations break your focus.
- Set aside more time than needed to finish an assignment, so you can account for lapses in concentration.
- Take short, timed breaks. Burnout is real, but so is over-doing a break.
- Use the free app, Pomotodo (pomotodo.com), to time your tasks (25 min) and prevent burnout.
- Go outside and take a short walk between tasks.
- Listen to suitable music to drown out background noise. Or use White Noise (tmsoft.com/white-noise), a free app, to choose a preferred background sound for your study environment.
- Find ways to manage technological distractions from your phone or computer. Freedom (freedom.to) and Forest (forestapp.cc) are free apps to manage online distractions.

Other Factors

- Get at least 6-8 hours of sleep or take naps.
- If a personal issue (family, financial, etc.) is demanding your attention, address it with a faculty member you trust or your Commit to Study peer mentor. Then, they can direct you to the most appropriate resources for your needs.
- Create a manageable to-do list for the day. Break up large tasks into manageable smaller ones.
- Schedule “Me” time into your daily routine. Try to relax, do something social or go outdoors. Try this short stretching video (tinyurl.com/y8p6bus3).
- If you have been diagnosed with ADHD or anything else that affects your focus, contact Services to Students with Disabilities (csus.edu/sswd) to apply and learn more about their accommodations.
- If any habits or strategies don’t work for you, don’t give up! Talk with your Commit to Study peer mentor to develop a plan of action.

Practice: For this semester, work on eliminating the distractions you wrote down in your “focus” section. Underline two tips to help you from above. Write down below how you will successfully use the tips to help with your big and little distractor.

Troubleshoot: Before you start, predict a challenge you may encounter, and how you could manage it.

Reflection: After trying to eliminate these distractions, think about how this exercise was or wasn’t effective, and how it could be improved in the future. Has this affected your relationship with the distractions you listed above? Write down how this has (or hasn’t) been effective for you:

Revise: Write down your revised action plan based on what you wrote above:

Big Distraction: _____

Little Distraction: _____
