

CONTROLLING YOUR CONCENTRATION

What is concentration?

Concentration is the ability to direct one's attention in accordance with one's will. It means control of the attention. It is the ability to focus the mind on one subject, object or thought without being distracted. It is the ability to focus the attention, and at the same time, ignore other unrelated thoughts. It also means the ability to do one thing at a time, instead of jumping from one subject to another, and losing attention, time, and energy. Concentration is a state, in which one's whole attention is engrossed in one thing only, and being oblivious to everything else. During concentration, the mind focuses on the object of concentration, and only one thought occupies the mind. The whole energy of the mind becomes concentrated on this one thought.

The ability to command the mind and control the attention is not common, and requires training. Most people lack the ability to control their attention and focus their mind exclusively on one thought subject for any length of time. They can't command their mind to concentrate, whenever they want to.

When concentrating fully you are so absorbed in what you are doing you are unaware of time passing or of what is going on around you....The length of time for which you can concentrate fully depends on factors such as your enthusiasm for what you are doing, your skill at a particular task, your emotional and physical state, and your surroundings at the time.

What are the different kinds?

There are two types of concentration:

Immediate concentration that allows you to observe the world around you at every moment.

Prolonged concentration that allows you to read, learn and think.

Studying requires you to work with your prolonged or long-term concentration. In other words, you have to minimize the attention you pay to what's going on around you and instead focus on the task at hand.

By improving your concentration, you can:

- Maintain a higher level of attention.
- Be more efficient when studying.

- Remember what you have learned.

Many students complain that they just can't concentrate, and that minds race from one thing to another and their thoughts are all over the place- except on their studies. But almost everyone has the ability to concentrate.

Eliminate Distraction:

Many students have difficulty concentrating while studying. Being able to concentrate while you are studying is essential to doing well in class and on tests.

Students have habit of studying as well as engaging in other activities at the same time such as texting on their cell phones, listening to music and chatting on Facebook. It is not a good habit. When you carry on other activities while you study, you cannot focus on your study. Engaging in other activities steals your attention. You should close all such activities during in order to concentrate on your study.

Use a study system:

A study system refers to any standard method of learning material. Many such systems and variations exist. You may want to delve into this further to identify the system that works best for you. One of the oldest and best-known is referred to as "SQ3R".

SQ3R is an acronym (S-Q-3R, or S-Q-R-R-R) that represents the five steps in the system. These steps are Survey, Question, Read, Recite, and Review. And that is the order in which you complete the steps when studying.

The following tips and information can help improve your concentration. Here are some of the topics:

Here are some suggestions for improving your study concentration:

- Study in a quiet place that is free from distractions and interruptions. Try to create a space designated solely for studying.
- Make a study schedule that shows what tasks you need to accomplish and when you plan to accomplish each task. This will provide you with the structure you need for effective studying.
- Try to study at the time of day you work best. Some people work well early in the morning, others late at night. You know what works best for you.
- Make sure you are not tired and/or hungry when you study. Otherwise, you won't have the energy you need to concentrate.

- Don't try to do two tasks at the same time. You won't be able to concentrate on either one very well. Concentration means focusing on one thing to the exclusion of all else.
- Break large tasks into a series of smaller tasks that you can complete one at a time. If you try to complete a large task all at once, you may feel overwhelmed and may be unable to maintain your concentration.
- Relax. It's hard to concentrate when you're tense. It's important to relax when working on a task that requires concentration. Meditation is helpful to many students.
- Clear your mind of worrisome thoughts. Mental poise is important for concentration. You can get distracted by your own thoughts. Monitor your thoughts and prevent yourself from following any that take you off track. Don't daydream.
- Develop an interest in what you are studying. Try to relate what you are studying to your own life to make it as meaningful as possible. This can motivate yourself to concentrate.
- Take breaks whenever you feel fatigued. There is no set formula for when to take breaks. You will know when you need to take a break.
- Studying without concentration is like trying to fill a bucket with water when the bucket has a hole in its bottom. It doesn't work.