

CONCENTRATION AND YOUR BODY

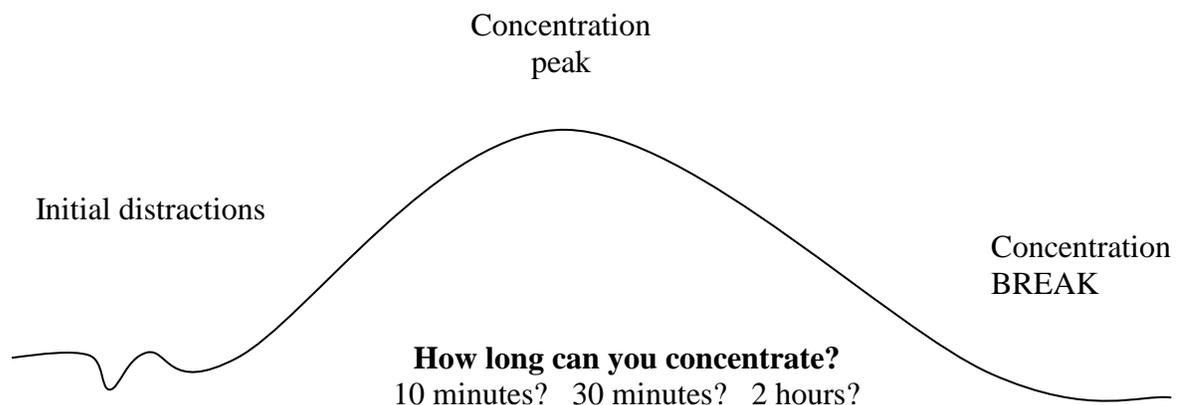
The pressure of deadlines and expectations can make us forget our bodies' needs. However, if we do, the quality of our lives lessens. We may become listless and disinterested, and fatigue may cause panic that can limit performance. Follow these tips to maintain your body and help your concentration.

THROUGHOUT THE SEMESTER...

- Maintain good habits of diet, exercise, sleep, and rest.
- Take 10 minutes to relax before meals, eat well-balanced food slowly, and make mealtime an opportunity to calm down.
- Choose an exercise you enjoy (jogging, swimming, yoga, etc.), and build up gradually until it's a regular part of your week.
- Schedule at least 7 to 8 hours of sleep each night, and plan a regular bedtime.

EACH TIME YOU STUDY...

- Plan to use your body to help you concentrate
- Know and respect your own concentration span. When you begin a study session, gather your materials, relax, plan what you want to accomplish, and energetically begin. When your mind wanders, call yourself back to the task. But when you find yourself consistently daydreaming or working without comprehension, stop and TAKE A BREAK. For 5 or 10 minutes, listen to music, talk to someone, take a walk, do a chore, daydream, relax. Then repeat the cycle and begin studying again.



- Choose or create a study environment with a straight but comfortable chair that fits you, a desk with all the equipment you need, and daylight or indirect light which is bright enough but doesn't glare on your book or in your eyes.
- Study according to your biorhythms: schedule your most difficult subjects when you are at peak mental efficiency (after 10 p.m.? early morning?), and plan to do easier tasks when you are at low mental efficiency.

DURING DEADLINE AND TEST STRESS...

- Don't let pressure cause you to ignore your body!
- Make every minute count by turning meals or time spent traveling into opportunities for relaxation and exercise.
- During long study sessions, drink a lot of fluids, increase caloric intake, and eat frequent small meals. Use coffee, tea, or soft drinks only to stay awake.
- Plan breaks to include light exercise to help you stay awake and revitalize.
- Don't oversleep or get too little sleep; if you must cut down on sleep, try going to bed at your regular bedtime and getting up early.
- If you are keyed up or anxious, relax yourself periodically. If you can't sleep, exercise during the day and plan to spend 30 minutes relaxing before you go to bed.

