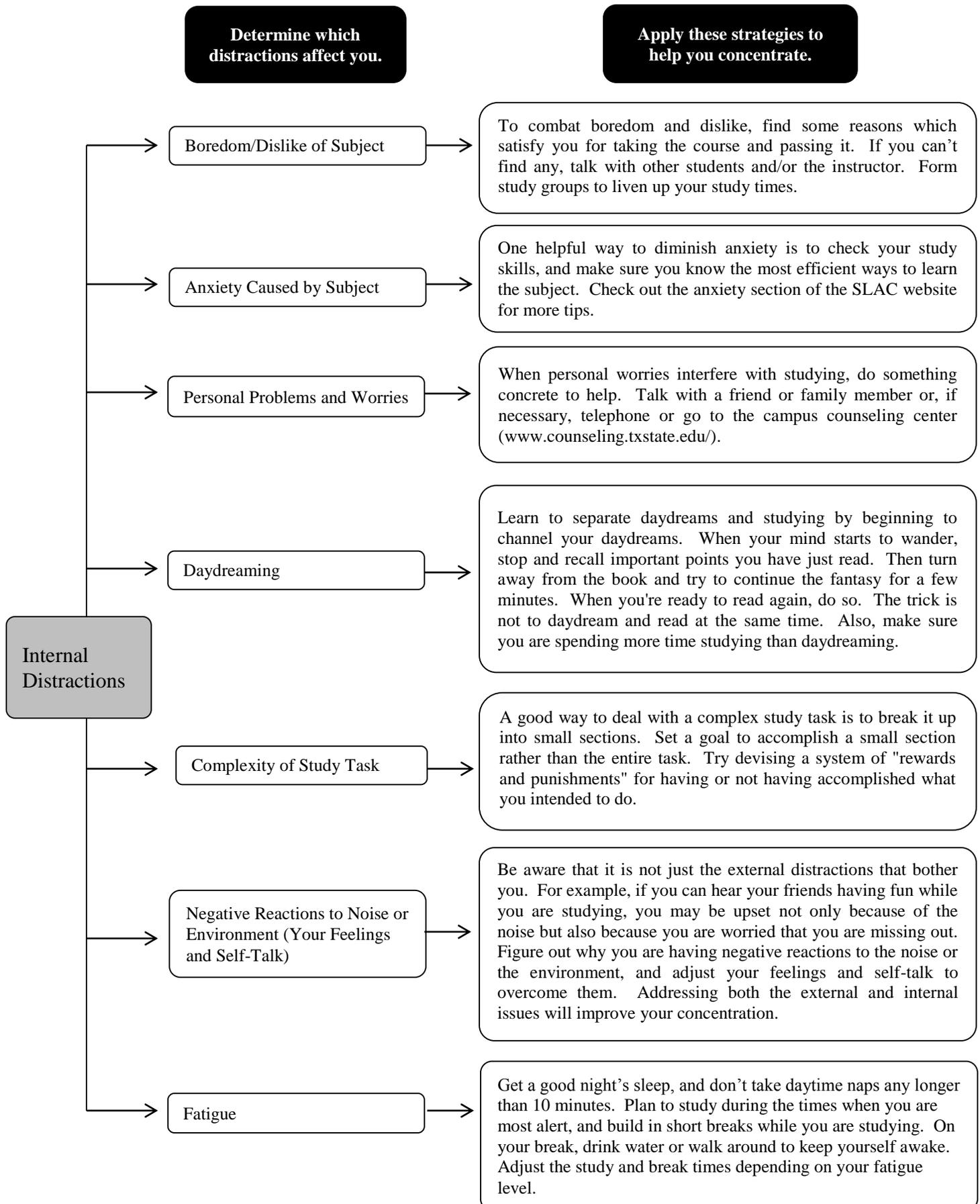
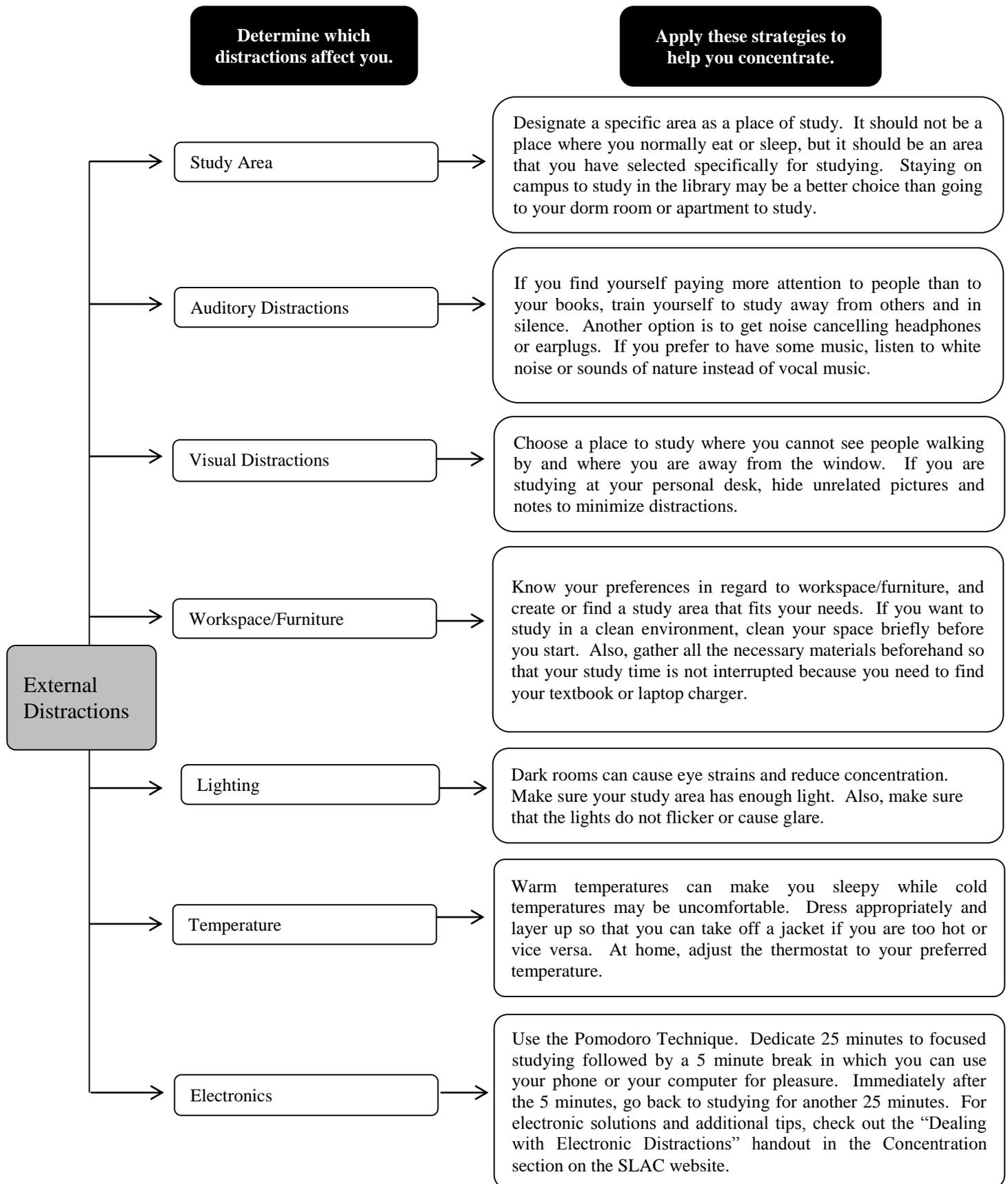


# DEALING WITH COMMON INTERNAL AND EXTERNAL DISTRACTIONS

**Determine which distractions affect you.**

**Apply these strategies to help you concentrate.**





Adapted from Sellers, D., Dochen, C. W., & Hodges, R. (2015). *Academic transformation: The road to college success* (3rd ed.). Boston, MA: Pearson Education.

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