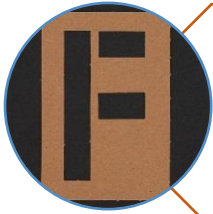


## F.O.C.U.S. to Improve Concentration



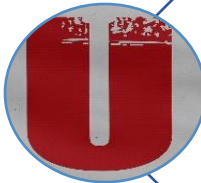
**Five More Rule:** Just like athletes build physical stamina, you can build mental stamina by s-t-r-e-t-c-h-i-n-g your brain. When you are in the middle of a task and you feel like giving up, just do five more. Five more minutes, problems, or pages.



**One Think At a Time:** When trying to concentrate on something and your brain continues to be invaded by other thoughts or lesser priorities, write those down to address later. Assign your mind time limits and specific times to think about those other things.



**Conquer Procrastination:** Next time you are putting off a task, ask yourself 3 questions. **1)** Do I have to do this? **2)** Do I want it done so it's not on my mind? **3)** Will it be any easier later? The task is not going away and delaying it will keep it on your mind and prevent concentration.



**Use Your Hands as Blinders:** Picture your mind as a camera and your eyes as the lens. If you are prepping for an exam and need 100% concentration, cup your hands around your eyes to create "blinders," blocking potential visual distractions, and just focus on your notes or textbook.



**See As If For the First or Last Time:** This is all about being present, mindful and in the moment. When you find you are losing focus, try stepping away and looking at your notes/textbook as though for the first time. Look with a fresh perspective and refocus.