

How to Focus

Chapman Learning Commons



Questions to Consider

1. What are the benefits of increasing your capacity to focus?
2. How can you identify aspects of your life that could be inhibiting your ability to focus?
3. What are some techniques you can use to improve your ability to focus?

Summary: How do students address these challenges? (Advice from IKBLC Assistants)

1. Change the way you think about focus

- a. Time management is important, but how much work are you really getting done while you study?
- b. Reorient yourself to see focus as a skill that can either be improved or worsened

2. Recognize what you can accomplish with enhanced focus

- a. Such as deliberate practice, shorter but more effective study time, and the avoidance of attention residue

3. Identify the problems that are impacting your focus levels

- a. Three of the most common issues people face are:
 - The internet
 - Social media
 - Notifications

4. Implement techniques to avoid these issues and build your ability to focus

- a. Some techniques you could try are:
 - Get in the right mindset by completing small tasks to start off
 - Consider your motivation for the task
 - Remove distractions while studying, and schedule your breaks
 - Consider 'unstimulating' activities during breaks to let your mind wander

5. Be mindful of how you spend your free time

- a. Recognize that everything you do is either enhancing or decreasing your capacity to focus
- b. Hours on social media will undo your hard work, the pursuit of a hobby is typically much more conducive to building focus

Key Resources

[Cultivating the Ability to Focus - CLC Blog Post](#)

[Deep Work by Cal Newport - UBC Library](#)

[The Shallows by Nicholas Carr - UBC Library](#)

[How to Get Your Brain to Focus by Chris Bailey - TEDxManchester](#)

[Workshop Group Activity: Tips and Techniques Google Doc](#)

