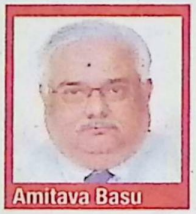
Improve Concentration Power


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Introduction

Concentration means strength of mind. It makes the will and the intellect act in unison. Without concentration, there cannot be rapt attention, which is imperative for studies. However, the level of concentration depends on the way the brain functions. Tranquility and peace of mind empower high level of concentration. On the other hand, distractions arising out of stress, anxiety or illness adversely affect concentration.

Concentration is one of the key factors for success. Therefore, it is important to enhance the power of concentration for effective studies. To improve the ability to concentrate in the best possible way, there are a few helpful hints that could be followed.

Prepare the Study Environ

Environment influences the mind. Hence, the study area should be kept clean, tidy and look set up for serious work. As many distractions as possible should be removed from the study time. Pets, phones, television, internet surfing should be avoided and thrust should be to focus on the books and notes.

Prioritise Tasks

There are situations when one feels that the mind is loaded with many ideas and overburdened. The key is to control the brain. Instead of worrying on how to deal with the various matters in the mind, tasks should be prioritised on need basis and carried out.

Jot the thoughts

When a thought arises in the mind and causes to lose focus on the task in hand, it is better to write down the thought and get it out of the head. This helps to consciously focus on the task that is needed to be accomplished at that point of time; and the thought noted down could be pursued later.

Study in Short Bursts

The mind copes best with short bursts of work rather than unproductive, long, draining study sessions. Study in short bursts of say, thirty minutes, with break of ten minutes. Listening to light, moderate volume music of one's taste during the short recess is recommended. It is clinically proved that this helps to increase concentration.

Use Easy Means to Remember

Brain has better recollection of colours and shapes than abstract matters. Therefore, use of colours and highlight in the books and notes help to effectively register the subject in the mind. Though may be silly, making little rhymes and songs from the study notes helps to remember things better.

Physical Posture

To reinforce the 'study environ', one should sit upright and in a work-like stature. Studying lying on bed often causes distractions and laziness that disrupts attention.

Vary the Activities

It is advisable to vary the activities in order to keep the mind active and not bored. A bored mind easily floats and drifts away to oblivion.

Take a Break

Human being is not a machine. Therefore, there is a need to take a break to be able to focus on the task that is to be done. Taking breaks is a good way to divide the tasks into parts that are lot more manageable. Breaks can be taken by a walk outside or going out for lunch. A short nap can also clear the mind.

Perception Change

It is universally recognised that study is good. It should be taken with a positive frame of mind and as fun. Then, it would subconsciously sink into the mind that study is an activity it enjoys.

In Sum

It is not a 'fairy age' or age for a 'dreamer'. You can get what you want if there is the required mental attraction. In fact, power of concentration is what is needed. It is a skill that is easy to master if there is willingness to do so. It can be achieved by building up habits that could be wonderful allies of concentration. So, why delay; start practising in the living present.

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