

## Concentration

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*"I can't concentrate!"* It's a familiar cry heard in households around the world whenever kids are doing their homework. Some days it **is** very difficult to concentrate. You may just not be in the mood to study. Or maybe it is a certain topic that you have difficulty concentrating on. Whatever the reason, there are some steps you can take to help you concentrate.

- Tackle your toughest project first. If you have homework to do in Biology and Algebra, which you love, and History, which you hate, do the History homework first. Your mind will be fresher and you'll get through it quicker.
- If you keep having the urge to get a snack, then get one together first, before you start studying. But that is the only snack you get until you're done. You'd be amazed at how much time you can waste going back and forth to the fridge.
- Remove any other distractions. Turn off the TV, go into another room if people are talking, tell your little brother to quit banging on your door. And don't take any phone calls until you are through.
- Try to do your homework early in the day. If you wait until just before bedtime, not only will you be rushed, but your brain will be tired out at the end of the day.
- Finally, don't bother procrastinating. Your homework won't get done by itself, so you may as well make up your mind to sit down and do it. Once you're done, you'll be free to get on with other things.