



FACT SHEET: ATTENTION AND LISTENING – FOR STUDENTS

- **Get a good night's sleep.** Set a bedtime routine, and go to bed at the same hour each night. Your mind will not be able to concentrate if it's not rested...it needs a break!
- **Eat a healthy breakfast.** Although this may seem irrelevant to focusing during class, eating a nutritious meal in the morning gives you fresh energy for the day.
- **Rid yourself of any other distractions.** Some of us get distracted very easily and that's perfectly OK. The problem evolves when distractions keep us from learning. Is that water bottle catching all your attention? Immediately remove it from your desk. Eliminate these distractions (even if you don't want to) and you'll soon find your attention immediately going to the teacher each class.
- **Look at the teacher, and make eye contact.** Your teacher is not just standing up there babbling- they're obviously trying to give you an acceptable education. *Show them* that they have your full attention, by looking them in the eye, and observing their movements. Try your best to look alert.
- **Take notes.** By taking accurate notes, you'll be able to "get into" the lesson. Recognize key points as your teacher speaks, and listen for key phrases such as, "This is important," "This is the main idea," "This will be on the test," etc. This can help you listen more intently; you'll have something to do and focus on.
- **Get involved in class discussions.** This is a wonderful way to become a more focused, successful student. When a teacher asks a question, offer to answer it. If she/he asks for an opinion, share your own. This shows that the teacher that you're listening intently during the class, and that you know your stuff. This can also help you avoid those embarrassing moments, when you get called on and you happen to not be paying attention.
- **Ask a question.** If you don't understand something, NEVER be afraid to ask. This really shows your teacher that you want to be better, and can recognize the things you're having difficulty with. Chances are, someone else in the class has the same question (and was too afraid to ask!). They'll be relieved- and so will you.
- **Do your best.** When you walk into that classroom, put a smile on your face and some confidence in your pocket. Be the best that you can be at all times, and show your true potential!