



Concentration and Your Body

The pressure of deadlines and expectations may make you ignore your body's needs... BUT...if you don't take care of your body, you may lose interest in your studies, and fatigue may cause anxiety, which can limit performance.

THROUGHOUT THE SEMESTER maintain good habits of diet, exercise, sleep and rest.

- Take 10 minutes to relax before meals; eat well-balanced food slowly; make mealtime an opportunity to calm down.
- Choose an exercise you enjoy...jogging, swimming, yoga, etc....and build up gradually until it's a regular part of your week.
- Schedule 7 to 8 hours of sleep each night and plan a regular bedtime.

EACH TIME YOU STUDY plan to use your body to help you concentrate.

- Choose or create a study environment with a straight but comfortable chair (but not too comfortable or too relaxing) that fits you, a desk with all the equipment you need, daylight or indirect light which is bright enough but doesn't glare on your book or in your eyesule 7 to 8 hours of qu 8o or too relaxing) that fit