



# Students' Scaffolding Series CONCENTRATION

# Pre-Session Activity

**Read the following situations and tick the correct option.**

1. You have read through a page and suddenly feel that you have no idea about what you have just read.

Yes \_\_\_\_\_ No \_\_\_\_\_ Sometimes \_\_\_\_\_ Never \_\_\_\_\_

2. Teacher is teaching and you have difficulty to pay attention on it.

Yes \_\_\_\_\_ No \_\_\_\_\_ Sometimes \_\_\_\_\_ Never \_\_\_\_\_

3. Have trouble focusing on something for more than a few minutes.

Yes \_\_\_\_\_ No \_\_\_\_\_ Sometimes \_\_\_\_\_ Never \_\_\_\_\_

***To eliminate distraction and to be able to focus on the task at hand, we must learn to concentrate.***

# Learning Outcomes

After the session students will be able to know...

- ***What*** is concentration?
- ***What*** is the relation between memory and concentration?
- ***What*** are the ways to increase concentration?

# What is Concentration?

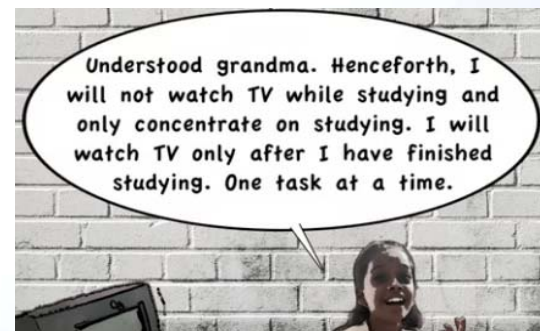
To **concentrate** is to direct your mental powers or your efforts towards a particular activity, subject or problem.



# Video Watching Activity: The Eye of the Bird

Let us watch an interesting video on a famous story of Arjuna!

<https://www.youtube.com/watch?v=2OItNYEaFoU>



## Let's Reflect!

*What was the goal in the 'video'?*

*What did you notice in the video?*

*Except Arjuna, all other princes were looking at distractions along with the goal. Arjuna was focused on the goal and he was not distracted, so he shot the arrow **directly in the bird's eye**.*

*Do you think we should watch TV while studying?*

*We should not only focus on our goal but we should also keep all our distractions away.*

*Distractions will always be there in one form or another.*

# Check your Concentration Span

*Have you ever tried to check your concentration span?*

*Here is an interesting activity to do it. Try it.*

- Go to your study room and settle there.
- Think about the subject which you like the least.
- Open the book of this subject and read a large paragraph on any topic.
- Note the time when you start.
- Try to learn and recall what you are reading.
- Note the time when you feel your mind is distracting.
- This time interval is your **concentration span**.



# About Concentration Span

The concentration span depends on:

- the subject of study
- how one is feeling
- one's mood
- how much rest one has taken
- what the person has eaten





# Relation between Memory and Concentration


**Memory** is the ability to remember information, experiences and people.

We keep on trying to enhance our memory skills but hardly try to improve on our **concentration** skills.

If we have good concentration, our memory will improve automatically because concentration and memory work together.



# Activity Time

Look at this bug  carefully.  
Concentrate on the collection  
shown here and find how many  
bugs are there which are exactly  
similar as this.



# Ways to Increase Concentration

*Here are some simple methods that you should practice religiously. In some time, it will become a habit and you can concentrate better.*

1.

Rich Diet



2.

Repeat The Activity



3.

Breaks Between Tasks



4.

Practical Learning Patterns



5.

Fixed Sleeping Schedule



6.

Physical Activity



7.

Practice Meditation



8.

Focus Games & Exercises



9.

Reduce Distractions Around



# Tasksheet

*Here are given some patterns. Think over and write next three entries of each pattern in not more than 3 minutes.*

Pattern	Next two entries
(i) 1, 5, 9, 13, 17, ...	
(ii) 10, 30, 70, 150, ...	
(iii) AZ, CX, EV, GT, ...	
(iv) 100, 99, 97, 96, ...	



**THANK**

**YOU!**