

FACT SHEET:



ABIOS

Acquired Brain Injury Outreach Service

Category:

Life After ABI

Study Skills

Audience:

Person with an ABI

For more information contact the Acquired Brain Injury Outreach Service (ABIOS)

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ABIOS Occupational Therapist

Study Skills:

Concentration and Attention

Introduction

Following an acquired brain injury (ABI), many students experience difficulties with concentration and attention. For example, you may be experiencing some of the following problems:

- easily distracted by other things happening around you in the classroom
- difficulties concentrating on one task for long periods
- difficulties following your teacher's instructions, especially lengthy instructions or more than one instruction at a time
- frequently asking the teacher to repeat information



Strategies:

The following strategies may assist students who are having difficulties concentrating and paying attention to tasks both in class and when attempting assessments and study for examinations :

- As much as possible, make sure your study environment is free from distractions. Designate an area in your home where you can study, turn off the radio and TV, and close the door so you can have some privacy.
- Your study environment should be well-ventilated, with good lighting. Make sure your chair is comfortable.
- Work out how long you can effectively study for and then devise a study plan that allows for regular rest breaks and times for productive study. Ensure however that you stick to your allocated rest times!
- Use a timer or alarm clock to ensure you focus your attention for a specific period.
- Balance out the effort. Study a difficult subject first, follow this with an easier subject and then return to something more challenging.

