

How to Focus

Chapman Learning Commons



Questions to Consider

1. What are the benefits of increasing your capacity to focus?
2. How can you identify aspects of your life that could be inhibiting your ability to focus?
3. What are some techniques you can use to improve your ability to focus?

Summary: How do students address these challenges? (Advice from CLC Assistants)

- 1. Change the way you think about focus.**
 - a. Time management is important, but how much work are you really getting done while you study?
 - b. Reorient yourself to see focus as a skill that can either be improved or worsened.
- 2. Recognize the benefits of being able to focus.**
 - a. Realize what you can accomplish with enhanced focus, such as deliberate practice, a reduction in aggregate workload, or the avoidance of attention residue issues.
- 3. Identify the problems that are impacting your focus levels.**
 - a. Three of the most common issues people face are:
 - The internet
 - Social media
 - Notifications
- 4. Implement techniques to avoid these issues and slowly build your ability to focus.**
 - a. Some techniques you could try are:
 - Schedule your distracted periods
 - Adjust your notification settings
 - Remove distractions
- 5. Be mindful of how you spend your free time.**
 - a. Recognize that everything you do is either enhancing or decreasing your capacity to focus.
 - b. Unfortunately, your hard work will be undone if you spend your spare time browsing social media for hours on end. Instead, the deliberate pursuit of a hobby is typically much more conducive to building focus.

Key Resources

[Cultivating the Ability to Focus - CLC Blog Post](#)

[Deep Work by Cal Newport - UBC Library](#)

[The Shallows by Nicholas Carr - UBC Library](#)



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