Monitor and improve concentration.
Build Concentration

- **Misconceptions**
- **Actively avoid distractions:**
  - Physical distractions
  - Emotional distractions
- **Study friendly location**
- **Monitor your concentration & make adjustments:**
  - Short study intervals 20-30 min
  - Alternate subjects
  - Take short breaks
  - Actively study
  - Seek help
- **Increase study intervals over time**