

Becoming Better at Focusing Attention

Being focused and paying attention requires sustaining attention despite distractions or boredom. It is the ability to maintain a focus over longer periods of time. It means completing what you start independently whether it is interesting or not. It requires being attentive, listening carefully and being able to ignore distractions. Concentration, focus and listening intently are all required to improve attention skills.



TASK: Select 3-4 areas where you need to improve your attention and focus (*starting/finishing things, listening, concentrating, remaining on task...*) List 3 strategies you will commit to in order to become more attentive and explain how this will be beneficial to you.