

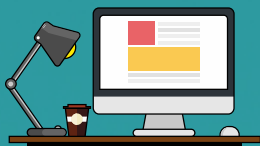
The Science of Learning Well...



Remote Learning Student Tip #1: **Improving your ATTENTION**

Being able to pay **Attention** is essential for learning, but it is easier said than done, especially when you have to learn on your own. The good news is, paying attention is a skill that we can improve. So here are a few tips to help you develop better **Attention** skills. With a few simple strategies, you can:

- i) Increase your attention to learning tasks;
- ii) Identify what is important to pay attention to in a task;
- iii) Make your learning more efficient and effective (so you have more time for other things!)



Set up a space where you are comfortable, alert, with good light and your equipment



Remove distractions, even just for a little while.



If it's noisy, put on headphones to listen to the lesson or play some gentle, instrumental music to block out other noises. No lyrics though!



Set goals for each learning, study or homework session.



Work for short, focused sessions without interruptions. Gradually make these longer as your Attention improves!



Connect what you are learning to something you have learnt before.