

# How to enable children to study with full concentration



By Minoo Jokhi

**W**illiam Jones has rightly said: "The greatest weapon against stress is our ability to choose one thought over another." And the thoughts that follow one another must not be full of stress and tension, as many kids have all the time. Children must study happily as studies are a very important and vital aspect of their lives, which helps develop their intellectual and emotional quotient. Children have to be creative, must have sound observation and proper imagination. And when they fail; don't give up. As the famous saying goes: "There is no innovation and creativity without failure."

## Fear Factor

Students need to enjoy and learn what they have to rather than learn in a stressful way and take unnecessary tension. Taking on new challenging mental tasks every day activates the brain and not always repeating the same thing helps a lot to activate different areas of the brain.

Stress sap a child's confidence and they lose faith in themselves. Once that happens they are not able to focus and study properly. It is important to build up a child's confidence. One very simple and effective tip towards gaining confidence is simply saying that you want to do something loudly to yourself. Then write down on a sheet of paper that you want to be more confident and that you will do it. Once you've done that, follow up with an action plan.

Students often develop worries and fears and these turn into phobia for a particular subject... or many subjects. Once you develop fear it becomes quite difficult to remove it. All students must make two lists: one list of useful fears and another of useless fears. And when they are doing so, they will themselves realize how you develop fears for no real rhyme or reason. Common symptoms of "study fear" or "subject phobia" are nervousness, worry, anxiety, panic, jealousy and going blank com-



pletely.

## Tips to Study Better

Important tips for students to keep in mind, to study with full confidence and focus, for maximum retention and results, are as under:

1) **Self Belief:** It is the main and most important thing to study with confidence. Motivate the child that he or she can do it and understand the barriers that the child faces and enable him or her to overcome them. Teach the child to self congratulate for his/her abilities and encourage him/her to constantly develop themselves.

2) **Begin on time:** Teach a child to start studying on time and not waste time on unnecessary things.

3) **Regular Breaks:** Divide and plan the work and allow good time for recreation. Rest relieves fatigue, not boredom, so a difficult task may be even more difficult after a break; hence, the timing of the break is important.

4) **Revision:** Revision of all previous chapters helps in understanding. Do not think that since the child has read the whole text book, there is no need to revise again. Please make it compulsory and very important to repeat and revise the work within 8 hours of an exam. Many parents of my students tell me their kids don't revise

within 8 hours of an exam; I joke with them and say then make the kids revise within 480 minutes of an exam!

5) **Using the whole mind to remember:** The key idea is that by coding information using vivid mental images, a child can reliably code both information and the structure of information. Our brains evolved to code and interpret complex stimuli such as images, sounds, smells, tastes, touch, language, etc. We use these to make sophisticated models of the world we live in. Our memories store all these very effectively. A very important aspect of a student's life is how much ability is there to concentrate and study. As Ralph Waldo Emerson had correctly said: "Concentration is the secret of strength".

## 10 Concentration Tips

Important concentration tips include:

- 1) Start from small then proceed to big in any task.
- 2) Follow the right diet.
- 3) Give yourself self-incentive for doing good work.
- 4) Be mentally ready for challenging situations.
- 5) Sleep well; sound sleep helps a lot. Try sleeping around the same time daily with a 10-15 minutes here-and-there allowed.

tips help a lot, as mentioned earlier, students need to revise regularly within 8 hours everything they have learnt before going into an exam. First read the topic they are doing broadly and then after they have the main idea clear tell them to get into the finer details. Students set unwanted barriers to memory. They believe we can't retain beyond 10-30% of what we learn. So no negativity please; and no barriers at all.

People often think of memory as something like a video recorder, correctly recording and storing everything that happens with precision. But, in reality, memory is very prone to fallacy. People can feel completely confident that their memory is excellent, but this can be not-needed over confidence which is of no use.

Also please understand memory cannot recall anything that was not registered in the first place or registered ineffectively. Many a times you cannot remember when you meet a person his name; you forget the names of streets and buildings you use and pass by often because you never noticed them well in the first place. So we need to order our mind to remember something very firmly to remember it properly.

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And while the above mentioned concentration