

CONCENTRATION

2

One great cause of failure is lack of concentration

Bruce Lee

Students can understand that one of the biggest keys to success as an individual is the ability to tune out distractions and the ability to have a single-minded focus on achieving a goal.

Students are equipped with tips to improve concentration in class as well as to improve concentration through physical well-being.



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1 THE IMPORTANCE OF CONCENTRATION

Warm-up: Can you draw a square with your left hand and a circle with your right hand at the same time?

Coaches can ask students to do draw a square and a circle with left hand and right hand at the same time. Who can draw the most perfect figures would get a small gift.



There is a high possibility that many students could not draw the two figures perfectly and coaches can lead to a fact that researches show that humans are not as good as

we think we are at doing several things at once and we simply can't focus on more than one thing at a time.

Definition

Concentration is the ability to focus the attention on one single thought or subject, excluding everything else from the field of awareness.

Focus is the ability - at any given time - to devote one's absolute attention and energy to solving the problem or challenge at hand before moving on to the next one.



Importance of Concentration

❖ ACTIVITY 1: Helium Stick (Lighter than the Air)

- Have the team form two rows that face each other.
- Introduce a long, thin lightweight stick or rod.
- Ask participants to point their index fingers and hold their arms out.
- Lay the stick down on their fingers. Get the group to adjust their finger heights until the stick is horizontal and everyone's fingers are touching the stick. Explain that the challenge is to lower the stick to the ground.
- Each person's fingers must be in contact with the Helium Stick at all times. Pinching or grabbing the pole is not allowed - it must rest on top of fingers.
- Repeat to the group that if anyone's finger is caught not touching the Helium Stick, the task will be restarted. Let the task begin....
- Some groups or individuals after 5 to 10 minutes of trying may be inclined to give up, believing it not to be possible or that it is too hard. You can offer direct suggestions or suggest the group stop the task, discuss their strategy, and then try again.

- Make sure participants' fingers do not touch the pole and that it is lowered all the way to the ground.
 - At the end, explain that the collective upwards pressure created by everyone's fingers tends to be greater than the weight of the stick. As a result, the more a group tries, the more the stick tends to 'float' upwards.
 - Discussion Questions – Have students answer in their workbooks.
 - What was the initial reaction of the group?
 - Why does the stick tend to “float upwards” during this activity?
 - How well did the group cope with this challenge?
 - What skills did it take to be successful as a group?
 - What creative solutions were suggested and how were they received?
 - What would an outside observer have seen as the strengths and weaknesses of the group?
 - What roles did people play?
 - What did each group member learn about him/herself as an individual?
 - What other situations (e.g., at school, home or work) are like this activity?
- ✓ Activity 1 is a chance to practice not only teamwork concentration but also vocal leader because it requires much communication.



Why should we be able to focus our mind? It is a skill that helps in all walks of life, to study, read, work, drive, get tasks done, meditate, and for everything else.

If you study with great concentration, your grades can improve. You can get the degree with flying colors. You will get a better employment opportunity.

Being focused, you become productive in work. When you do a task with concentration, you are able to do a good amount of work in a shorter period, you can also utilize resources wisely which would reduce the wastage and so the cost of the task decreases. You can be able to save your efforts and time

When you are focused, the chances of occurring an error reduces. You would be able to do things with perfection and on target. Overall, you can easily achieve your goals as long as you can maintain your concentration. So, focus is everything actually you need.

2 HOW TO BECOME BETTER AT CONCENTRATING

How to become better at concentrating

❖ ACTIVITY 2: Maintaining Concentration

- Give youth a grid of 100 squares on a sheet of paper, with numbers 1-100 filled in the blanks in random order.
 - Tell them their job is to cross out the numbers in consecutive order. Time them to see how fast they do the exercise. Then have them repeat it, to see if they improve.
 - Explain that their times will vary. This is just like in sports. There will be some good days and some not so good days. The key is to be persistent. Nevertheless, they should be able to improve their concentration with practice.
 - Then have a variation in which people have to complete the exercise while others are screaming and yelling at them. Explain that this is similar to what happens when you play an “away” game where most of the fans are cheering for the other team. Ask students: What can you learn from this? Have them write an answer in their workbooks. Show them that if they can maintain concentration through this, then they should be able to maintain concentration to complete tasks in their normal environment when such distractions are not present.
- ✓ Activity 2 is merely for teamwork concentration practice

	A	B	C	D	E	F	G	H	I	J
1	91	52	73	12	15	43	83	08	16	57
2	66	04	14	97	98	40	54	84	92	67
3	41	79	28	30	53	76	61	85	34	64
4	02	21	06	00	17	50	60	81	47	35
5	09	86	68	75	31	33	10	77	49	69
6	01	25	32	56	93	29	80	88	18	63
7	19	48	24	82	59	42	46	70	74	03
8	51	27	55	58	65	95	96	39	72	05
9	71	38	07	87	89	37	94	62	20	22
10	23	13	99	11	78	36	90	45	26	44

How to improve concentration in class

When you are sitting in a classroom or listening to someone speak, try to clear your mind of everything else and connect fully with what the person is saying. See how long you can hold that connected focus.

Practice fully focusing on what you are doing, with other people watching or talking.

Focus only on your target or the immediate step in front of you.

Always have a plan for whatever you are up to. When you sit down to work without a plan, you may easily get caught in activities like checking mails, instant messaging (chatting) and browsing the web. Without a purpose, you are just wasting your time. You'll find yourself distracted by a variety of nagging thoughts instead of devoting all your attention to one important task.



How to improve concentration through physical well-being

The ability to concentrate depends a lot upon our physical well-being. If we are tired, unhealthy and afflicted by numerous minor ailments, concentration will be more difficult. Of course, concentration is still possible, but it is just more difficult. However, we have to try to make life easy for ourselves; we need to give a high priority to our physical health:

- Getting sufficient sleep
- Staying physically fit
- Maintaining healthy weight
- Getting regular exercise
- Develop a controlled and balance diet. Feed your brain with healthy food (tomato, egg, avocado,...)

ACTIVITY 3: Speed reading contest

This activity help players to improve their concentration in places with numerous distraction

Coaches choose randomly 4-5 kids and hand each one a prepared piece of paper with tongue twister sentences. The rest of the class try to make as much noise as possible to distract competitors. If a kid mispronounces a word, he/she will have to start over again. Who finishes first will be the



- ✓ Activity 3 is an interesting game to practice individual concentration



Sharing

- Coaches can further the concept of focus in daily life. To be athlete-students, US coaches might lose your focus in the class when you are in the tournament. In addition, VN coaches are also easily distracted when you attend too many social activities as well as part-time job. Coaches can pass on your experience to focus on studying when you are too busy.

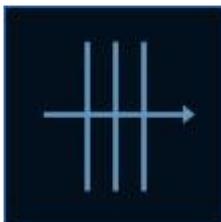
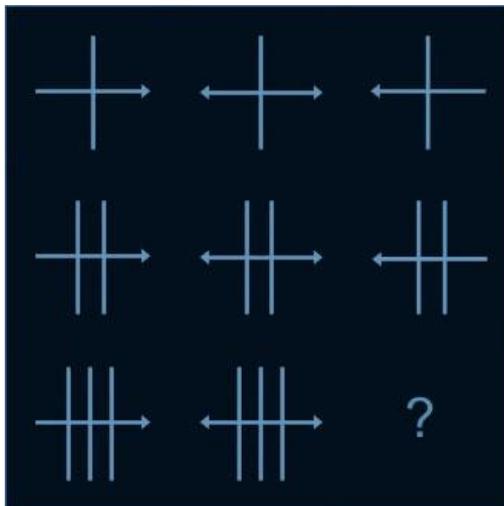


Question

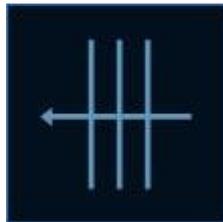
1. True or False: One of the biggest keys to success as a team is the ability to tune out distractions and the ability to have a single-minded focus on achieving a goal
Answer: True
2. List at least 5 tips to become better at focusing
3. According to you, what is the importance of focus in study and work

The following questions aim at practicing concentration skill

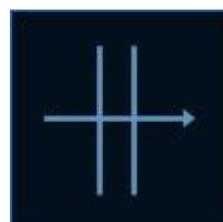
1. How many dots are there in the blanket [.....]
Answer: 12
2. If A = 5, B = 6, C = 7, what is $1876 - 2564 + 1973$
Answer: $18CB - 2AB4 + 19C3$
3. Using the code in question 2 to translate these numbers (7896 2344 8867) into letters and write the result in reverse order
Answer: CB88 4432 B98C
4. Choose the correct answer



A



B



C



D

Answer: b



Tips to stay focus in study

- ✓ Avoid procrastination
- ✓ Finding an environment study without distraction
- ✓ Sit near the front of the classroom
- ✓ Set study goals
- ✓ Don't study with your mobile phone in hand

