



## WAYS TO IMPROVE CONCENTRATION THAT WORKS

Hey there! With finals just around the corner and some final round of tests coming up, it's crunch time! This week, we are diving into techniques to boost concentration; a key skill that can transform the quality of your study sessions and give you a serious edge. We will also provide insights from our Financial Empowerment and Major Exploration teams!



### MASTERING FOCUS FOR FINALS!

#### Try this: Focus Test

Read for 30 minutes, setting a timer to go off every 5 minutes. As each timer goes off ask yourself:

- How long did you stay focused
- What distracted you?
- How many 5-minute sessions were you able to stay completely focused?

#### Things to keep in mind

- Your environment Matters!
- Your biggest threat to productivity is your distraction. Avoid it.
- Breaking bigger tasks into smaller pieces encourages productivity.
- Distractions can come from within too. Be mindful about it.
- Scheduled breaks, a varied study strategy, and rewards are good practices to improve concentration.

Try the Pomodoro Technique – a focus hack proven to work across every area of life! Use these tips to increase your concentration levels, get a longer attention span, and the ability to focus on one thing at a time.

Keep going, stay focused, and let's finish this semester strong!



Richard Nyarko,  
Editor

### MOTIVATION THAT MATTERS

The final weeks of the semester can be tough, and staying motivated can be challenging. Sometimes, having a major that excites you is key to staying on track.

Take a moment and ask yourself about the work you must do. Is it work that brings you closer to what you want? The tasks you have to complete right now may be challenging, but if they get you closer to the goals you have for yourself, then that is work worth doing.



If that doesn't feel true for you, then this might be a great time to reach out to one of the most useful resources on campus for decision-making. Make an appointment with a Major Exploration coach and talk about what you want and how you can make a plan to get it.

<https://uark.starfishsolutions.com/starfish-ops/dl/instructor/serviceCatalog.html?bookmark=service/4937614>



Sarah Beth Tyler

### STRESS-FREE MONEY MANAGEMENT

Managing money wisely can reduce stress and help you stay focused on your studies.

Start by creating a budget to track essentials like tuition, rent, and food, so you always know where your money is going.

Avoid unnecessary debt by using credit cards sparingly and paying them off in full each month. Save a small portion of your income, no matter how modest, to build a safety net for unexpected expenses.

Take advantage of student discounts and cook meals at home to stretch your funds further.

Finally, regularly review your financial goals to ensure you're staying on track and building a strong foundation for the future.



Emerson Cochran

