



SuperStar Study Skills Classes



TIPS FOR PAYING ATTENTION IN CLASS

1. Get a good night's rest and eat a nutritious breakfast. Avoid skipping breakfast or lunch at school.
2. Get plenty of exercise and stay as active as possible during after school hours.
3. Your body's circulation begins to slow down after sitting for about 45 minutes. If possible and your teacher allows, stand up for a minute or walk. This may mean a walk to the pencil sharpener or standing up to get a book.
4. Adjust your posture. If you are unable to get out of your seat, improve your posture. Try sitting up straighter, uncrossing your legs, or lean forward slightly.
5. Take some deep breaths. Inhale deeply and slowly, hold your breath to the count of five, then exhale very slowly. Do this several times to increase the oxygen in your system and your brain.
6. Stretch your eye muscles. Sometimes tired eyes can make it difficult to focus, especially on written material. Stretch your eye muscles by closing your eyes and gently massaging them over the eyelids for a few seconds. Keep your eyes closed and roll them up for a few seconds and then down. Finally, keep your lids closed and roll your eyes so they face directly in front of you, then open your eyes.