

## Student Counselling Office (Zentrale Studienberatung)

### Eight exercises to improve concentration

If you've taken care of all the factors that are limiting your concentration and you're still having difficulty focusing, these eight exercises will help. For most of them you don't even need any special items, just things from your surroundings. And you can do most of the exercises on your own.

1. Write a text backwards. You'll find that it's more difficult than you thought.
2. Turn the radio on, turn the volume down low and try to understand what's being said.
3. Spell words backwards. You can increase the difficulty of the exercise by starting with short words and gradually switching to longer ones.
4. Remember your day backwards and tell someone (or yourself) what you did all day. Don't start with the morning, but instead with the last thing you did.
5. Read something upside down – for example, a newspaper or a book. This also improves concentration.
6. Find the total: add up all the numbers in your phone number until only one number is left.
7. Describe in your thoughts what you're doing right now. Imagine that someone is standing next to you and you want to explain it to them. This requires you to concentrate on the activity itself and also to think carefully about how you would explain it as clearly as possible.
8. Look at a picture for one minute and remember as many details as you can. Then turn it over and try to list everything you noticed. This exercise works best with another person.