Helping Students to Focus

by

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When students can’t concentrate or focus, their lives aren’t as productive as they could be. Schoolwork suffers and they may miss important instructions they need to hear to stay safe. As they struggle to focus, frustration grows, making it even more difficult to concentrate. It’s a cycle that can be broken and it’s not hard to do. As suggested by April Fox, an eHow Contributor, a few simple steps can improve your child's focus and allow him to get through tasks with minimal stress and frustration.

Give simple instructions one step at a time. Telling a child with attention problems will cause him to become overwhelmed and even less able to focus on the task.

Make a page for each task she does on a regular basis. You may suggest her to write down each step in sequence and have her refer to it as she works.

Identify triggers that are distracting and remove them. Some kids need to work on their own away from the chatter of classmates. Others need to face away from windows or doors.

Get to your student’s level and look her in the eye when you talk to her. Keep instructions brief and simple, and ask her to repeat what you’ve said to be sure she heard and understood.

Provide opportunities for your students to burn off energy. Activities like games and dance help kids learn to focus and use up excess energy.