

CHAPTER SUMMARY

1. Many influences affect the way you learn. Some are positive, and others are negative.
2. Concentration is vital to learning. Mind wandering is the enemy of concentration. Distractions are the primary cause of mind wandering.
3. You lose concentration and waste time when your mind wanders. Mind wandering can prevent you from understanding what you are trying to learn.
4. Mind wandering is effective only when it relates to the material you are learning.
5. Reducing mind wandering is the same as increasing concentration. There are many ways to improve your concentration while trying to learn. The first step in reducing mind wandering is to catch yourself doing it.
6. An effective physical learning environment consists of an appropriate place to learn without distractions.
7. An effective mental learning environment consists of a high level of learning self-confidence and an awareness of how you feel.
8. Taking control of your learning environment with specific strategies can help you concentrate better.

CHAPTER ASSESSMENT

Terms Review

Fill in the blanks with the appropriate key terms on the left.

arm-swing rule

concentration

effective learning space

ineffective learning space

learning environment

learning influences

mental learning environment

mind wandering

physical learning space

physiology

1. What your mind thinks about while you are learning is considered your _____.
2. An uncluttered desk or table, good lighting, and no distractions are ingredients in a(n) _____.
3. A(n) _____ enables you to learn more in less time.
4. A(n) _____ distracts and forces you to waste learning time.
5. _____ is the enemy of daydreaming.
6. Your _____ is the combination of influences that are present while you are learning or working.
7. _____ is also called daydreaming.
8. Sweeping away clutter in your work area is called _____.
9. How your body feels is considered your _____.
10. The combination of all your _____ affect how well you concentrate while trying to learn.