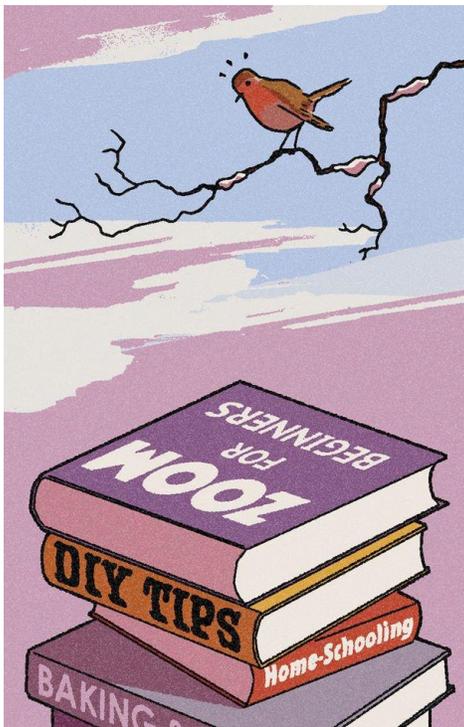


Improving Concentration While Reading

The testable question for my science project is, “Can I read better in the morning or in the afternoon?” I would like to do this because it would be nice to know when it is best to read.

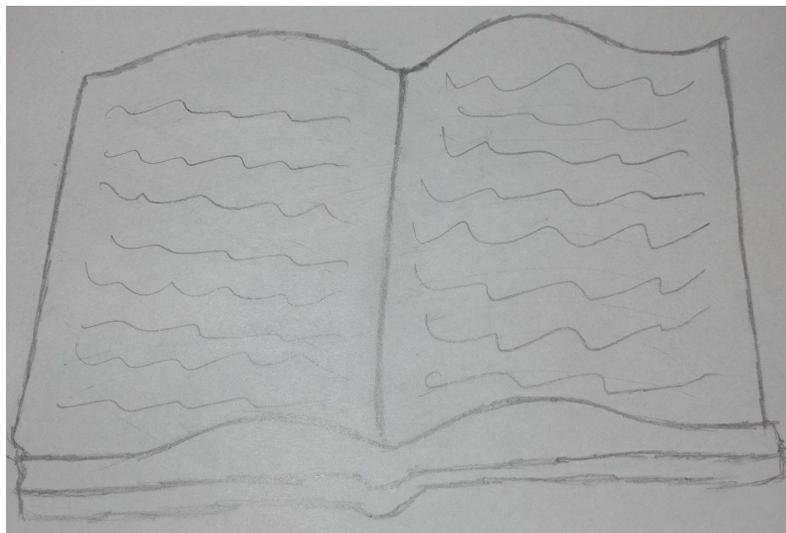
Learning about how concentration works in our brain, how to improve our concentration, and how to stay concentrated will help me understand my topic and make a hypothesis for my science project.



Our brain focuses by, “filtering important information and moving it up the ladder for deeper processing while suppressing interruptions from irrelevant bits and pieces,” (Schwartzbard, 2016). Even though you are concentrating hard there are also distractions to keep

you from doing so. Some things that might take your concentration away are loud noises and flashing lights. So go somewhere where it is quiet with no flashing lights like a library, and your room or you could ask the people that are making noises to be quiet and ask them to turn off the flashing lights.

You can improve your concentration by playing sudoku, chess, memory, and other mind challenging games. “Age and lack of sleep can affect concentration,” (Raypole, 2019). Reading while you have head injuries like a concussion might affect your concentration, also when you get frustrated it will make it harder for you to concentrate. “Research also suggests playing video games could help boost concentration,” (Raypole 2019). Video games like Call of duty and Super Mario are two games that can help you improve your concentration.



Getting rid of distractions will help you concentrate a lot more. If the place you're staying at is loud then ask them to be quiet and go to a quiet room. Another way is your energy; if you're really hungry you might as well not read because you'll be thinking about how hungry you are.

Not getting enough sleep most nights can negatively affect your ability to concentrate (Lindberg, 2019). Try to get enough sleep before you start reading. If you want to read but you're tired then you should sleep before you read your book.

I now know that I can concentrate better if I don't have a headache and when I'm not hungry. I also now know how focus works in our brain. I hope that my science project will be easier for me and if you want to do a science project about this then I hope this will help you out as well.

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