

# **SUSTAINED ATTENTION**



“ *Sustained attention involves the ability to maintain your focus and attention on a task or activity even with distractions or other activities.*

## **SUSTAINED ATTENTION REVISITED**

What types of activities  
require sustained  
attention?

## WHAT REQUIRES SUSTAINED ATTENTION?

- ▀ Completing homework
- ▀ Studying for a test
- ▀ Carrying on conversations with others
- ▀ Completing dull or boring tasks
- ▀ Listening to an entire story
- ▀ Watching a TV show or movie

# WHAT DOES RESEARCH SAY?



## **LISTENING PRACTICE ACTIVITY**

I am going to read a list of random words. I want you to clap every time you hear the word “boat.” Only clap when you hear the word “boat.”

## **LISTENING PRACTICE ACTIVITY (CONT.)**

I am going to read the same list of words. This time, I want you to stand when you hear a word that does NOT start with the letter “b.”

## **LISTENING PRACTICE ACTIVITY (CONT.)**

I am going to read the same list of words one last time. This time, I want you to raise your hand when you hear a word that has something to do with animals.



# FINAL ATTENTION TEST



# **MAKING IMPROVEMENTS**

How can you improve  
your sustained  
attention?

## WAYS TO IMPROVE YOUR SUSTAINED ATTENTION

- Clear your desk/work space of distractions
- Cover up any visual distractions
- Put your phone away!
- Track how long it takes you to complete an assignment
- Break up your assignments into small segments
- Get up and move when you feel distracted