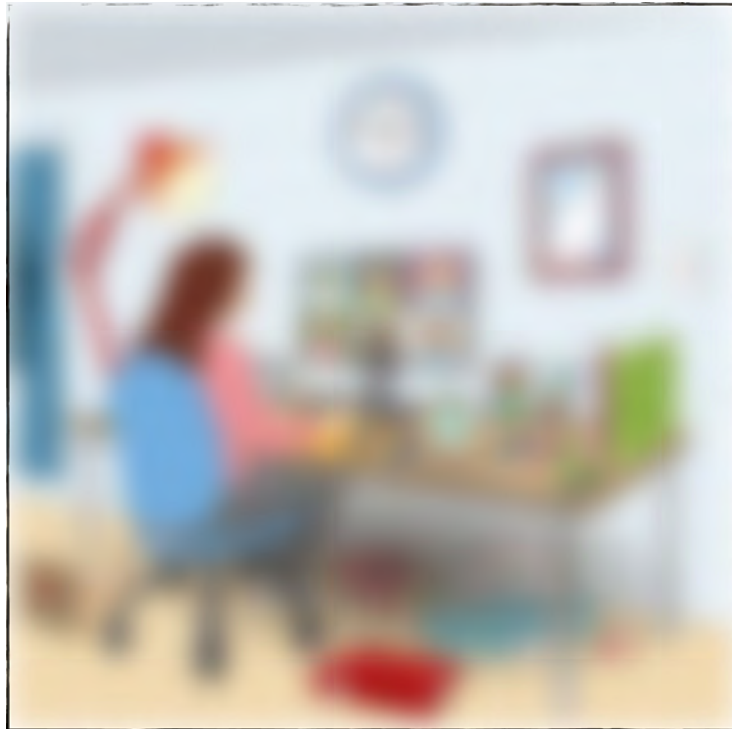


## Concentrate! Concentrate!



How well were you able to concentrate – or is it all a blur?

Name: \_\_\_\_\_

Department: \_\_\_\_\_

Date: \_\_\_\_\_

Score:     / 20

**Relevant topics:**

- Concentration skills
- Dealing with distractions
- Wellbeing
- Personal effectiveness

More challenges available at:  
[www.watchandgovies.co.uk](http://www.watchandgovies.co.uk)

# Concentrate! Concentrate!

## Introduction

Human beings have evolved to be distractible. This makes it difficult to focus our attention. Distractions and interruptions, which can be both internal and external, get in the way of our intentions and impede our concentration skills.

## Instructions

Think about the image you studied for three minutes and answer the questions below. Indicate your answers by ticking the appropriate boxes.

|   |
|---|
| 1. What time was showing on the wall clock? Ten past two <input type="checkbox"/> Ten to three <input type="checkbox"/> A quarter past four <input type="checkbox"/>  |
| 2. What was immediately to the right of the mobile phone? A notepad <input type="checkbox"/> Headphones <input type="checkbox"/> Glasses <input type="checkbox"/>   |
| 3. Was the mug full, half-empty or empty? Full <input type="checkbox"/> Half-empty <input type="checkbox"/> Empty <input type="checkbox"/>  |
| 4. Was the desk lamp on or off? On <input type="checkbox"/> Off <input type="checkbox"/>  |
| 5. How many pens and pencils were lying on the desk top? Pens <input type="text"/> Pencils <input type="text"/>   |
| 6. How many photographs were displayed on the desk? One <input type="checkbox"/> Two <input type="checkbox"/> Three <input type="checkbox"/>  |
| 7. Which of these was on the wall apart from the clock? Picture of a boat <input type="checkbox"/> A shelf <input type="checkbox"/> A light switch <input type="checkbox"/>                                     |
| 8. The cat was sleeping on a cushion. What design was it? Striped <input type="checkbox"/> Checked <input type="checkbox"/> Spotted <input type="checkbox"/>  |
| 9. There are two books on the desk. One is called 'Attention!' what is the other one called?<br>Distraction <input type="checkbox"/> Disturbance <input type="checkbox"/> Interruption <input type="checkbox"/> |
| 10. How many people were showing on the screen in the virtual meeting? Four <input type="checkbox"/> Six <input type="checkbox"/> Eight <input type="checkbox"/>  |

Read these suggested tips for improving concentration skills. Click 'Yes' if you think they are true; click 'No' if you think they are false.

| Tips  | Yes | No |
|---|-----|----|
| 1. Take a structured 'brain break' or 'ergo break' roughly every 20 minutes | Y   | N  |
| 2. Drink plenty to stay hydrated  | Y   | N  |
| 3. Tell yourself to concentrate: it's just a question of mindset            | Y   | N  |
| 4. Have set times of the day when it's OK to let your mind wander           | Y   | N  |
| 5. Tell people around you when you'd appreciate not being interrupted       | Y   | N  |
| 6. Turn off 'notifications' on your computer                                | Y   | N  |
| 7. Only attempt to do a maximum of two things at a time                     | Y   | N  |
| 8. Go for a run or brisk walk every day                                     | Y   | N  |
| 9. Hum a song to yourself whilst working                                    | Y   | N  |
| 10. Only attempt to concentrate in the mornings                             | Y   | N  |

**Save this PDF** *before* reviewing the answers  
(or you will lose your responses)

[Check your answers here](#)

