



TIPS TO STAY FOCUSED WHILE READING

PhD, Docent Adash Eshankulovna Rustamova
Abdullayeva Iroda Sabirovna
Student, SamSIFL

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Received: November 10 th 2022 Accepted: December 11 th 2022 Published: January 18 th 2023	In this article there are some top tips of concentration of students while reading. Hope you can read this article and learn and follow these strategies
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To a passionate reader, spending the most of our days at home appears to be a fantasy. However, many bookish individuals, like me, are having difficulty staying focused when reading. With regular news updates, legislative changes, and attempting to stay in touch with our friends and family, there are several distractions. It is critical to learn how to concentrate when reading. Improve your reading abilities to gain a better understanding, beat boredom, and maybe even love it. I understand how difficult it is to concentrate. That is why we have come. I'm going to teach you how to rapidly increase your reading skills. It makes no difference if you're reading textbooks, internet articles, a Kindle, or a novel. When you can't concentrate, everything feels like an everlasting torment. You will read more, read quicker, and retain more information if you learn how to focus on reading. You're quite fortunate.

Not only can you enhance your attention, but you can also work on it and strengthen it, much like a muscle. It's the same when it comes to reading. Here are some excellent preparation recommendations.

1. Start meditating: Anxiety and distractions are never far away. Learning to declutter your thoughts will not just make you happier. It will help you become a better reader. Meditation is a really simple approach to do this. Sit in a calm, comfortable place and attempt to clear your mind. Allow thoughts to come to your attention and flow through. Learn to maintain your attention. This ability will not only prepare your brain to focus on reading. It will also assist you in blocking out distracting ideas while reading. Try guided meditation with an app like Headspace if you want some help learning to meditate. Okay, enough sitting. You must also get moving.

2. Take careful notes! You have some homework to do to move your reading from passive to active and to inspire yourself to concentrate. This is especially useful for students who have extensive prescribed readings, but even if your time in the classroom is long gone, you may still benefit by taking notes while reading. Underline quotes that you like with a highlighter or pen.

Use sticky notes to mark noteworthy passages with your own remarks. Use sky notes to indicate sections with useful information you might want to come back to. In addition to improving your concentration, this will prompt you to use your analytical thinking capabilities. You won't be able to just skim each page; you'll have to pause and reflect on what you're reading.

3. APPLY A TIMER: I prefer to use the pomodoro method of time management, which includes pauses into your regular responsibilities. The default settings are 25 minutes of concentrate followed by 5 minutes of rest. You have a 10-minute break after completing four rounds of focus sessions. This works well for me when I'm having difficulty concentrating on reading since it allows me to indulge in the distractions I can't seem to ignore for a brief period of time during my breaks. Whether or whether you utilize the pomodoro method, setting a timer and reading without interruption can be helpful. I can put my other thoughts aside when I know that the timer will go off eventually.

4. EXPERIENCE MOOD READING: I'm a major mood reader. I'm far more likely to complete a book if I choose to read it rather than being "forced" to do so. Reading about what I'm most interested about at the time helps me stay focused. I attempt to build seasonal TBR lists, but I always end myself deviating from them when I'm suddenly in the mood for a cozy mystery or a new novel. I gathered a large stack of books from my library in preparation for social distancing so that I would have plenty of options. I have put holds on a large number of ebooks at once, so I'll have enough to pick from when the time comes. Use this time as an opportunity to check out as many ebooks as you'd like, or even buy yourself some of your most-anticipated books of the year

5. Concentrate on Reading Motivation: If you're bored with anything, there's definitely a reason you're still attempting to read it. Take advantage of this.

What drives your reading habits? You desire something, and reading it will help you get it. It may be receiving a good mark in a class, performing well at work, or



mastering a new skill. Getting through the tedious words is a start in the right path.

So, keep your sights set on the prize.

6. Recognize What You Need to Get From the Reading:

So you now understand why you read. But what exactly is the use of reading books or articles? Do you have to comprehend everything? Do you need a specific fact or reference? Is a general idea of the content sufficient? It is much simpler to read effectively if you know what degree of knowledge you require. Spending hours reading every detail of an article when all you need is one part is a waste of time. However, if you realize the entire thing is crucial, prepare some questions to respond from the start. Your mind will be searching for an answer. As a result, you'll be more engaged for a longer period of time. For longer publications, such as novels, divide your objectives into portions and work on them independently. This method will not only make reading more fascinating, but it will also be beneficial. The document will provide you with the information you require, which is the whole objective.

7. Take frequent breaks: It's nearly hard to read for hours on end without being distracted. And, as previously said, you should employ goals, intervals, and motivational incentives. Breaks are an essential component of every plan. Concentration is difficult to sustain. You must work on and improve your stamina. Allow your brain and eyes to heal and renew by taking rests. When you return to it, you will be able to read quicker and comprehend more when you get back to it, and be able to read for a longer amount of the day. That concludes my suggestions for getting through uninteresting content. Following that, we'll go through how you should be reading.

8. Begin by reading little portions of a book every day: If you're one of the one-quarter of Americans who hasn't read a book in over a year, taking up a large novel and attempting to finish it in a week may be challenging. Choose a shorter book and commit to reading little chunks of it every day. Begin with 10 or fifteen pages and gradually increase the number of pages. To get the most out of your reading time, set aside a specific period each day, and use the Freedom mobile app to prevent notifications.

9. Set small goals to get started: Sometimes you can go to great lengths to be prepared and motivated. Then it's still excruciatingly dull or difficult. You must still find a method to make progress. Do the same with reading goals. Make it simple to achieve the first few goals; it will feel rewarding. This will motivate you to keep going, seeking the next objective. In books, I use page numbers or chapter objectives since they are not time-sensitive. You decide how much work you want to

accomplish and force yourself to do it. This also allows you to finish at natural break-points. That implies you won't be racing through parts to meet a deadline. Having a goal in mind might help you overcome the intimidating challenge of a large reading pile. It's far more manageable if you only have to read 500 words or one webpage article. You may set higher goals as you improve your discipline and attention. This allows you to read a lot more in each session.

10. Before you begin reading, go through the entire structure: If you want to focus better, remove the mystery from your writing. Instead of jumping into the first paragraph, scroll through the text first. Learn about the subjects that will be discussed. Examine the number of parts, how they are divided, and the sequence of the contents. As you read, you will get a feeling of location and context. You will learn more and know what is vital if you know where the information is going.

Also, knowing your reading objectives can help you determine which portions are relevant. Then you may concentrate on those. And, even if you still find it dull, you'll know how close you are to the end of the tunnel.

11. PLAY THE RIGHT KIND OF MUSIC OR SOUND: Audio is an excellent tool for helping you focus while reading. When there is a lot of chatting going on around me, whether it's in the staff lounge at work or in the living room with the TV on, I have a terrible time reading., I'll use noise-canceling headphones. Focus @ Will is one of my favorite music applications. It's a premium membership service featuring tailored music channels that have been shown to boost concentrate in studies. I've been using this program for years, and it has helped me get through graduate school as well as other books. The Calm app, which includes a wonderful array of "soundscapes" including rain, a train journey, and even a washing machine, is another fantastic service. There are also a plethora of excellent free background noise selections on YouTube.

12.DNFING: This may be controversial in the literary world, but when I gave myself permission to stop reading books I wasn't enjoying, my reading output jumped significantly. I used to plod through a book I didn't enjoy for years. I read more slowly, less frequently, and became easily sidetracked. When I'm reading a book that I appreciate, I'm far more likely to pay attention to it. So, if you're in a reading slump, it might be time to designate your current book as "didn't finish" and move on to something new.

13.Bring a book to read during your break: Reaching for our smartphones when we have even a minute or two of leisure throughout the day is a deeply entrenched habit for many of us. What can we do to break the cycle? Make it a practice to have a book with you



whenever you're waiting for something, and the next time you're waiting for an appointment or find yourself with a few minutes to kill, leave your phone in your bag and take out your book instead. This will help you get rid of that pesky instinct to check your phone every time you have a spare minute, and you'll be surprised at how much reading you can get done during those lulls in the day.

14. Look for hints about which parts are crucial: In the writing, look for headers, lists, bullet points, and bold language. Nonfiction authors want readers to comprehend their main ideas as quickly as possible. To assist you, they will most likely employ uniform layout and patterns. What you're doing here is practicing a critical skill: distinguishing between fundamental information and elaborative stuff.

The main stuff is core information - no surprises. They're presumably the parts you're attempting to concentrate on and comprehend. Everything else is supplementary. It describes, details, and expands on the important ideas. Reading will become lot easier if you can distinguish the essential information and then take as much more detail as you want.

15. Always review and summarize your work after you're finished: Examine your notes before celebrating attaining your goal at the end of the session. This is a wonderful approach to assess if you focused properly. Write a brief overview of the main topics. At the very least, practice having to explain the topic rapidly out loud.

Make certain that you have found answers to any queries you may have had. Consider whether the aim of the reading was met. You should be able to recollect and describe the most important details from the information or tale. This should be painless and simple, which suggests we've done well. Hopefully, these pointers will help you focus on your book rather than your phone. Now more than ever, we can all use an escape to a fictional world.

In my conclusion, with regular news updates, legislative changes, and attempting to stay in touch with our friends and family, there are several distractions. It is critical to learn how to concentrate when reading. Improve your reading abilities to gain a better understanding, beat boredom, and maybe even love it.

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