



Facing / looking at / eye contact with whoever is speaking

Be organised before you start the task to avoid being distracted halfway through

Making sure you are not hungry, tired or thirsty

Taking self off to another table/place if possible and appropriate

Sapphire Power Skills
"Coping with learning distractions"

If you need to fiddle, find an acceptable way to do this

Focus on the task in hand, being absorbed

Learning to ignore distractions, concentration skills

Politely but firmly dealing with people who are distracting you

Know what distracts you in the first place and try to avoid it

