

**Ten Commandments for the Easily Bored**

- 1 Remember that you have to sit in each class for almost an hour every day. When you look back at this period of your life, it might be nice to remember that you used this time for something useful.
- 2 Sit next to the students who seem to be the least bored. Ask them how they do it. Learn from their actions and words.
- 3 Avoid the friends who tempt you to veer off-track. Don't choose them for group work and don't sit next to them.
- 4 It may be more fun right now to zone out or talk about other things, but remember that making this behavior a habit will get you minimum wage for a lifetime.
- 5 Take notes no matter what. This will help you build your attention span. You need the ability to focus in order to succeed in life. Look at paying attention like exercising: it may not be fun, but the results are worthwhile.
- 6 Vow not to talk when the teacher is talking. Force yourself to repeat in your mind what the teacher is saying. If it is boring, then make it rhyme in your mind—or make it funny by changing it up a bit—but stay focused on the material.
- 7 Do not turn your head at every sound that happens in the classroom. Keep your eyes on the teacher or the task at hand.
- 8 Keep your body language in check. If you look bored and ready to pounce on a side conversation, then most likely one of your friends will see that and make it happen.
- 9 Force yourself to ask questions during lectures and instructions. As you formulate questions and listen to the answers, you will be building your attention span.
- 10 Give yourself an “attention span” grade in your agenda book every day so that you can look back and see your progress (or lack of progress) and adjust your efforts.