



COMMENT SE CONCENTRER POUR APPRENDRE ?



COUPER LES ÉCRANS ET ÉVITER LE BRUIT AMBIANT

Les possibilités offertes par les écrans sont comme des bonbons illimités et gratuits pour le cerveau -> **éteindre** les écrans pour ne pas être tenté.

Eviter de faire plusieurs choses à la fois -> aménager un environnement calme et exempt de stimulations extérieures.

PRÉVOIR DES PAUSES



- Des pauses au cours d'une séance de révision (par exemple, **5 minutes** toutes les 25 minutes).
- Du **temps pour soi** régulier (voir des amis, s'amuser, lire pour le plaisir...)

PLANIFIER LES GESTES SOUS FORME DE FILM



- Se mettre en projet pour **anticiper** ce qui est à faire: quel est l'objectif ? quelles sont les **étapes**, les unes après les autres ?
- Visualiser la **succession** des actions.
- Passer à l'action selon le **plan** : la 1ère action, puis la 2ème etc.

FRAGMENTER LE TRAVAIL À FAIRE EN TÂCHES SIMPLES, PRÉCISES ET CHRONOLOGIQUES

Plus on est au clair sur ce qu'on a à faire, plus on est concentré.

SE FAIRE DES IMAGES MENTALES

- Concevoir un **projet de sens** : à quoi ça sert ? à quoi ça ressemble ? pourquoi c'est important ? quand cela servira ?
- Evoquer avec des images dans la tête pour :
 - **mobiliser** l'attention sur le projet à effectuer (par exemple -> visualiser l'agenda ouvert à la page du lundi pour attaquer les devoirs);
 - **améliorer** les performances par **l'enrichissement d'une évocation première** par une évocation plus riche.



RÉFLÉCHIR À LA RÉSISTANCE AUX TENTATIONS.

- Identifier les tentations.
- Elaborer des stratégies de résistance, du type "SI... ALORS je..."
- Planifier et répéter les stratégies à activer face aux obstacles.

REPÉRER LES PERTES D'ATTENTION POUR Y REMÉDIER

Quand le **regard** commence à se poser ailleurs ou que la **main** part pour aller chercher le téléphone, c'est que le corps cherche une autre activité.

-> Apprendre à **contrôler le regard** en identifiant quand il part et en le ramenant volontairement sur l'objet d'étude ou s'imposer une courte pause.

-> Reformuler les tâches à faire de manière à savoir **immédiatement** quoi faire en s'y mettant.

-> Imaginer que quelqu'un d'autre aura le même travail à faire et concevoir les **instructions** une à une qu'on lui donnera pour qu'il l'effectue.



JOUER À UN JEU DE RÔLE ET UTILISER L'HUMOUR



Exemples : imaginer être un **chercheur d'or** qui recherche minutieusement des pépites lors de la relecture d'un texte (les erreurs d'orthographe étant les pépites d'or).

S'AUTO FÉLICITER ET S'AUTO RÉCOMPENSER

Le cerveau aime quand on lui signale qu'il **réussit bien** : il ne se démobilise pas.



Comment Se Concentrer Comment Bien Se Concentrer

Ying Liu



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Trouble déficit de l'attention-hyperactivité chez l'enfant et l'adulte Brown Thomas E.,2019-09-10 Le trouble déficit de l'attention hyperactivité TDAH d'origine neurodéveloppementale est défini par trois caractéristiques principales un déficit de l'attention soutenue une hyperactivité et une impulsivité importantes Il se remarque plus souvent chez l'enfant mais peut persister à l'adolescence et jusqu'à l'âge adulte Souvent mal compris et donc mal diagnostiqué ce trouble fréquent touche ainsi environ 8-10 % des enfants et au moins 5 % des adultes entraînant des déficiences importantes une intégration sociale plus difficile et un équilibre de vie perturbé autant de conséquences qu'un diagnostic et une prise en charge adaptés pourraient améliorer S'appuyant sur les connaissances et les recommandations actuelles ce livre écrit en termes clairs travers une série de questionnements les fondements et les modèles du TDAH les spécificités du TDAH selon l'âge les individus et les éventuelles comorbidités le diagnostic l'évaluation du TDAH aux différents âges ainsi que les conséquences aussi bien pour le patient que pour son entourage la prise en charge la fois médicale et non médicale et les ajustements en fonction de complications particulières Complément de nombreuses vignettes cliniques cet ouvrage offre une compréhension fine dans un langage simple et accessible pour tous les praticiens débutants ou expérimentés en charge de ces patients **Réussir grâce à la concentration** Roger Luc Mary,1997-01-01T00:00:00+01:00 Pourquoi se concentrer Comment se concentrer Méditation relaxation introspection tels en sont les principes essentiels Comme le dit Roger Luc Mary la concentration est cette faculté qui permet chacun d'entre nous de mieux se connaître de mieux réfléchir sur ce que l'on veut dire Cette prise de conscience vous permettra de revitaliser vos énergies par l'exploitation raisonnée de vos ressources vitales C'est dire que vous parviendrez très rapidement à instaurer un équilibre performant entre vous et le monde nécessaires tout individu *Natation* Michel Pedroletti,2009 Pour chaque thème il détaille les connaissances théoriques fondamentales avec l'aide de schémas synthétiques pour en faciliter la compréhension En s'appuyant sur ses connaissances il propose des solutions concrètes pour une transposition cohérente et efficace sur le terrain Après avoir rappelé le rôle de l'entraîneur et détaillé les bases fondamentales de l'entraînement propose une méthode pratique permettant de transposer sur un plan pratique les principes théoriques de la physiologie de l'activité musculaire il développe les approches techniques d'apprentissage propose différents entraînements spécifiques des méthodologies des organisations et une planification adaptée aux objectifs et aux niveaux des nageurs Une dernière partie totalement novatrice propose une préparation mentale simple et facile mettre en œuvre afin d'anticiper les problèmes que peuvent rencontrer les nageurs **Grand Dictionnaire Français-anglais Et Anglais-français** Charles Fleming,1885 **Bulletin Du Centre International D'Éducation Sri Aurobindo** Sri Aurobindo International Centre of Education (Pondicherry, India),2003 *Royal Dictionary* Fleming,Tibbins,1875 Dictionnaire universel de la pensée Élie Blanc,1899 **L'Enseignement public; revue pédagogique** ,1908 **L'Enseignement public** ,1908 **Revue pédagogique** ,1908 *Dictionary, French and English, English and French* John Bellows,1890 Psychologie Antonio Rosmini,1888

Geografiska Annaler ,1926 **Je sais tout** ,1923 **Revue militaire de l'étranger** ,1873 *Revue militaire de l'étranger* ,1875 *Science progrès découverte* ,1902 Science progrès la nature Science progrès ,1902 **Science progrès, la nature** ,1902 La Nature ,1902

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