

词汇: *concentration* 精神集中

When you were at school, were you ever told to stop **daydreaming** and concentrate? It was easy for your **mind to wander** if you weren't interested in what you were learning or if you had better things to think about. Staying **focused** can still be a challenge in adult life, but understanding how to do it, and knowing what is **distracting** you, can help.

Scientists have looked at what makes us **procrastinate** and found a number of ways to help us stay **in the zone**. One of the most obvious things is eliminating noise. Research by Science Focus magazine found **silence** is best for concentration, or a gentle background hum and coffee shop noise is great! It also found turning off notifications on your phone, or switching it off altogether, removes a major distraction and helps us focus on the **task at hand**.

Another possible cure for a **short attention span** is **brain training**. Psychologists and **neuroscientists** are increasingly interested in our ability to **knuckle down** and have looked at what we can change inside our head to make us concentrate. An article for BBC Future by Caroline Williams says that "Attention Researcher Nilli Lavie of University College London has found that making a task more **visually demanding**... takes up more **processing power** and leaves the brain nothing left to process distractions." So, keeping your mind busy might be the answer.

There are more practical tips to keeping your mind focused. These include making a list or timetable of the tasks you have to do, finding a workspace where you're not tempted to do other things, or chewing some gum! It's possible the movement in your mouth occupies parts of the brain that might otherwise get distracted.

But according to Science Focus magazine, distraction isn't all bad. "If we were always so focused that we never got distracted, we'd miss potential changes, such as **threats**, in our environment. Distraction is vital for survival."

词汇表

daydream	做白日梦
mind to wander	走神，心不在焉
focused	专注的
distract	干扰，使分心
procrastinate	拖延
in the zone	状态极佳，在状态
silence	安静，无声
task at hand	手头的任务
short attention span	注意力持续时间短，注意力不集中
brain training	大脑训练
neuroscientist	神经科学家
knuckle down	开始努力工作或学习
visually demanding	视觉上费力的，需要劳神看的
processing power	处理能力
threat	威胁

测验与练习

1. 阅读课文并回答问题。

1. What should you try to remove if you want to concentrate properly?
2. According to one expert, what uses up processing power in our brain?
3. What might we miss if we didn't get distracted?
4. Why might finding a suitable workspace help you concentrate?
5. Who are particularly interested in our ability to stay focused?

2. 选择意思恰当的单词或词组来完成下列句子。

1. I was _____ on the train and missed my stop!

focused	distracting	daydreaming	silence
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2. My son has a _____ and can't concentrate on his schoolwork.

short attention span	short attention spans
short attentive span	attention short span

3. You need to _____ if you want to get all your work completed on time.

procrastinate	task at hand	knuckle down	daydream
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4. There must be absolute _____ in the exam hall.

threats	silence	focused	neuroscientists
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5. In our yoga class, we were told to relax and allow our _____

wander our mind	wandering mind
mind to wandering	mind to wander

答案

1. 阅读课文并回答问题。

1. What should you try to remove if you want to concentrate properly?

One of the most obvious things is eliminating noise.

2. According to one expert, what uses up processing power in our brain?

Attention Researcher Nilli Lavie of University College London has found that making a task more visually demanding takes up more processing power.

3. What might we miss if we didn't get distracted?

According to Science Focus magazine, if we were always so focused that we never got distracted, we'd miss potential changes, such as threats, in our environment.

4. Why might finding a suitable workspace help you concentrate?

Finding a workspace means you're not tempted to do other things.

5. Who are particularly interested in our ability to stay focused?

Psychologists and neuroscientists are increasingly interested in our ability to try and focus and concentrate.

2. 选择意思恰当的单词或词组来完成下列句子。

1. I was **daydreaming** on the train and missed my stop!

2. My son has a **short attention span** and can't concentrate on his schoolwork.

3. You need to **knuckle down** if you want to get all your work completed on time.

4. There must be absolute **silence** in the exam hall.

5. In our yoga class, we were told to relax and allow our **mind to wander**.