

# STRATEGIES TO IMPROVE SUSTAINED ATTENTION AND ENGAGEMENT DURING DIDACTICS

## REDUCE DISTRACTIONS



Sit up front



Sound and vibrate off



No screens unless essential



Ignore distracting sounds



Don't talk to your neighbor.

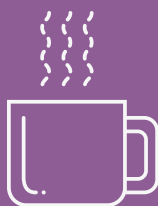
## MAINTAIN ALERTNESS



Hydrate



Healthy food, small nutrient rich snacks



Caffeine



Breathe



Stand, stretch, move during breaks



Peppermints



Change seat each didactic



Small doses of dark chocolate



Sleep well the night before



Dress in layers

## MAINTAIN ENGAGEMENT



Look at presenters/powerpoints



Ask and answer questions



Participate in activities



Listen mindfully and actively



Create 2 questions/topic to stay engaged



Model active engagement



Identify how the info aligns with your interests, needs and goals



Take notes