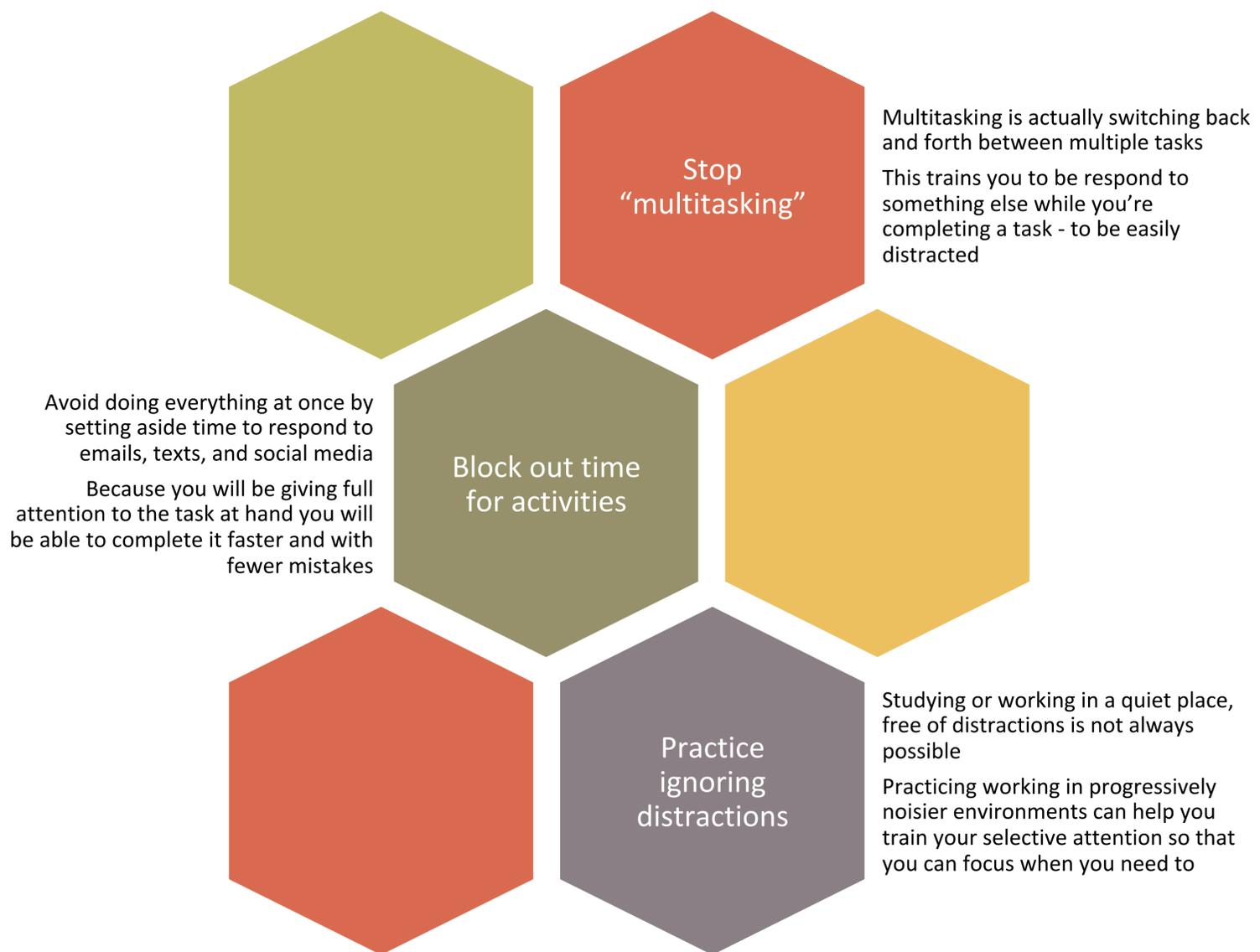


# In Focus

How to minimize distractions and get the most out of your time



Your ability to focus (called **selective attention** by researchers) directly affects how well information is learned.

