

## Concentration (专注力)

知识点:

### 1. 和专注有关的俚语:

- **put/keep someone's nose to the grindstone** 特别努力刻苦

She kept her nose to the grindstone all year and got the exam results she wanted.

- **knuckle down** 全力以赴 (knuckle 作为名词“指关节、膝关节”，作为动词“开始认真工作”)

It's final-exam week so I've got to knuckle down and finally start studying.

- **put my head down** 同上用法
- **stay on task** 保持专注力于一件任务上

It's hard to stay on task when you can hear your phone buzzing with notifications.

- **get stuck in** 带着激情开始做某事

The food looks amazing. Grab a plate and let's get stuck in!!!

- **get in/into the zone** 进入状态

I really want to get in the zone to study.

- **throw myself into the task** 投入工作学习任务中

Tonight, I really need to throw myself into the task, maybe I'll stay up (熬夜) / pull an all-nighter (熬通宵).

- **really go at it** 全力以赴

I think you need a break from that school assignment. You've been really going at it for the last 2 hours!

- **roll up one's sleeves** 袖子卷起来 开干! 战斗模式!
- **Have the attention span of a squirrel/gold fish.** 有松鼠、金鱼一样的注意力周期

## 2. 注意力不集中的原因

- **Too many distractions (太多干扰分心) : You may be trying to focus, but if you're surrounded by loud noise, or if your phone keeps buzzing with notifications, it can be hard to stay on task.**
- **Not taking enough breaks (休息太少) : Working for long stretches (工作小时数太长) without any rest can make it difficult to concentrate. Taking regular breaks can help you recharge and refocus.**
- **Lack of motivation (缺乏动力) : If you don't feel motivated to do a task, it can be hard to stay focused.**
- **Too much stress (压力太大) : If you're feeling overwhelmed with life or work, it can be hard to concentrate on anything. Taking some time to relax or practice a stress-relieving activity (减压活动) can help.**

### 1. Did you stay focused in class when you were a child?

① **Yes, I always tried my best to stay focused in class when I was little. But it wasn't always easy, of course, as kids normally have very short attention spans (注意力周期很短) . There were times when my mind just started wandering (思绪开始游离) / I zoned out (发呆走神) / I spaced out (发呆走神) , but for the most part, I made an effort to stay engaged in class. (主流情况, 特殊情况补充)**

② **No, I often found myself daydreaming (find myself doing sth. 无意识地做某事) and getting distracted in class when I was a kid. I guess, that was just how I was back then (我以前就是这个样子的性格) . I was all the time in**

my own world (在我自己的小世界里) , reading comic books (漫画书) , imagining stories, or doodling (随笔画画) in my notebook. I guess, it's normal for a young child to have a very short attention span. (原因, 细节)

## 2. Are you a focused person?

① No, I get distracted easily (很容易分心) , especially on things that are not challenging or rewarding enough. I'm the kind of person who constantly needs new stimulation to stay focused. (原因)

② I have to say, it's hard for me to stay on task. The thing is, I'm all the time multitasking, and jumping from topic to topic. The more things I do, the more difficult it is for me to put my head down in one thing. And plus, there're too many distractions nowadays, It's hard to stay in the zone when my phone keeps buzzing with notifications . (原因+补充)

③ No, not really. I'm having increasingly shorter attention span for sure (我的注意力周期越来越短) . I can only get stuck in things I really like, for example, watching entertaining movies and TV shows, or working out the gym; or things that are so urgent that I have to really knuckle down to finish, for example, my school deadlines/ work deadlines. (举例)

④ Ummm, I can be a very focused person once I'm determined (一旦我下决心了就不那么难了) . I mean, everyone gets distracted here and there, now and then, but overall, I'm a pretty disciplined and productive person. Therefore, when I need to get things done, I'll roll up my sleeves and get into work mode (进入工作状态) , and work like a machine. (原因)

## 3. How do you stay focused?

① Well, for me, it always helps when I make a full plan for the things I need to do, otherwise, I'll just get distracted and procrastinate/ put off things until the last minute. But, if I have a schedule to follow, I'll have a

much better sense of time (更有时间观念) and better focus, and be able to throw myself in the task. (反向+正向假设)

② Well, the first thing is, I will always make sure that I put my phone aside and put it on mute/silent so that I won't get distracted easily. I will turn off notifications. That really helps me stay focused. I think I'm a little addicted to my phone. And then, I'll normally go to a quiet place, like the library or a nice and quiet café, to really get in the zone. Studying/working in a public place makes me more disciplined. I don't know why, maybe when I'm surrounded by people who're also studying or working hard, I feel more motivated to stay focused or feel embarrassed when slacking off (偷懒)? And finally, I'll make sure I don't overwork, because fatigue can actually decrease my focusing capability. So, I'll always take a breather once in a while to recharge my batteries. (罗列)

(以上三点，局部选择两点就好。不需要都说，时间控制在 25s-30s)

4. Is it easy to stay focused in a noisy environment?

① It can be challenging, I'd say. Those noises can be pretty distractive and annoying. However, with the right mindset or techniques, some people still manage to stay in the zone. For instance, some people find using noise-cancelling headphones (噪音干扰耳机) helpful, and some people just imagine people's hubbub (人声) as the perfect white noise (白噪音) to help them concentrate. People find ways to stay on task in a noisy place. (转折)

② No, it's definitely difficult. The constant distractions and interruptions can make it difficult to concentrate on the task at hand (手头的任务) .