Large Lecture Classes: Tackling Distraction

Tips for Students from Students

• **Sit toward the front of the classroom**
  You’re less likely to be distracted the closer you are to the instructor.

• **Put away your electronic devices or only use them for note-taking and class activities**

  ![Graph](image)

  - 70% of students reported other students’ devices were distracting
  - 49% of students reported that their own devices were a distraction

• **Print and review lecture materials beforehand**
  Use class time to actively listen to the lecture instead of scrambling to write everything down.

• **Take handwritten notes on paper**
  Actively writing notes by hand can help you stay focused.

• **Talk to your instructor or TA and ask questions about the course material**
  Connecting with your instructor and TAs can help keep you engaged during lecture and make your class time more productive.

• **Connect with other students in the class**
  Forming study groups is a great way to learn, prepare for exams, and meet new friends.

• **Stay hydrated and energized with healthy drinks and snacks**
  Doing so will help you to stay alert and focused on learning.