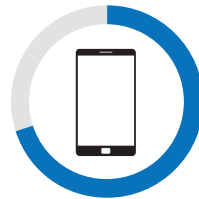


# Large Lecture Classes: Tackling Distraction

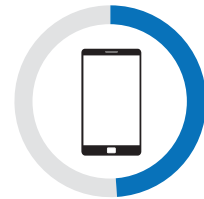


## Tips for Students from Students

- **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**



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.

These tips were generated by CU Boulder students in a campus-wide survey. See <http://bit.ly/llwebsite> for additional information.

