

## **Improving Attention and Efficiency in the Classroom**

Attention = Efficiency

‘Wisdom is not the product of thought. The deep knowing that is wisdom arises through the simple act of giving someone or something our full attention. Attention is primordial intelligence, consciousness itself’. *(Eckhart Tolle)*

‘The very essence of education is the concentration of mind, not collection of facts. If I had to do my education again I would not study facts at all, I would develop the power of concentration and detachment and then, with a perfect instrument, collect facts at will.’ *Vivekananda (Indian Philosopher)*

‘The faculty of voluntarily bringing back a wandering attention over and over again, is the very root of judgment, character and will. No one is *compos sui* if he have it not. An education which should improve this faculty would be the education par excellence. But it is easier to define this ideal than to give practical instructions for bringing it about.’ *(William James, Principles of Psychology, 1890)*

### **Useful States of Attention**

*Attention Open*

*Attention Centred*

### **States of Attention not conducive to Learning**

*Attention Captured*

*Attention Scattered*

Mindfulness Exercise available on request

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