

## HOW TO ADDRESS STUDENTS WITH SHORT ATTENTION SPAN

*by:*

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The short attention span of students has become a growing concern for educators and parents. It refers to the inability to sustain focus and attention for an extended period of time, leading to difficulties in academic performance, behavior, and overall development. Understanding the challenges and opportunities for students with short attention spans and effective teaching strategies for these students is crucial for their success.

Signs of a short attention span in students include being easily distracted, forgetful, impulsive, fidgety, and having trouble finishing tasks. These behaviors can lead to a range of consequences, such as poor grades, disciplinary issues, and low self-esteem.

The causes of short attention spans in students are complex and can include genetic, neurological, and environmental factors. Many experts believe that the use of technology and screens may contribute to this issue as well. Overstimulation from technology can lead to a decreased ability to concentrate and focus, which in turn can cause difficulties in learning.

In some cases, a short attention span can be a symptom of more serious diseases such as attention deficit hyperactivity disorder (ADHD), learning disorders, and other neurological disorders. It is important for parents and teachers to be aware of this and seek professional support if necessary.

Despite the challenges, students with short attention spans can also have unique strengths, such as being creative, spontaneous, and quick-witted. As such, teachers can leverage these strengths to engage students and help them develop a love for learning.

While social media distractions are undoubtedly one of the major difficulties facing educators today, technology can be used as an effective learning tool both inside and outside the classroom. Even without being distracted by their phones in class, students' attention spans are impacted by the time they spend on social media outside of the classroom. The secret to keeping your students interested is motivation. They need a reason to pay attention in your classes, so provide one. Establish an atmosphere of openness in your classroom by getting out from behind your desk and interacting with the pupils. This will inspire everyone to participate in the lesson by making it seem more like a conversation.

One effective teaching strategy for students with short attention spans is the use of multi-sensory approaches. This involves engaging students with a variety of sensory experiences, such as hands-on activities, visual aids, and audio aids, to help hold their attention and increase their understanding of the material. Another strategy is to incorporate movement into lessons. This can include hands-on activities, movement breaks, or active learning experiences. This can help students release energy and refocus their attention, leading to improved engagement and learning. It is also important for teachers to break down lessons into smaller, manageable chunks and provide clear goals and expectations for each task. This can help students focus and increase their chances of success.

Teachers can also personalize learning for students with short attention spans. This may include using technology, such as digital devices or educational software, that can help them learn at their own pace and in their own way. Personalized learning can help students develop a sense of ownership over their learning, leading to increased motivation and engagement.

In conclusion, students with short attention spans face unique challenges, but also have unique strengths. Teachers play a crucial role in addressing these challenges and helping students succeed. By incorporating multi-sensory approaches, movement, clear goals and expectations, and personalized learning, teachers can engage students and support their growth and development. With the right support, students with short attention spans can overcome their challenges and reach their full potential.

*References:*

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