

Focus and Attention Lesson Plan | High School (Grades 9-12)

Attention Analysis Portfolio

Lesson Goals:

- Students will analyze research on attention and technology
- Students will conduct structured self-observation of attention patterns
- Students will develop evidence-based attention management strategies

Estimated Time: Two 50-minute periods

Materials and Resources:

- Research article excerpts on attention and technology
- Paper observation logs
- Stopwatch or classroom clock
- Sample homework-style tasks in different subjects

Activity Procedure:

Day 1: Research and Self-Observation

1. **Research Analysis** (20 minutes) Students work in small groups to analyze provided research:

- [Summary of attention span research](#)
- [Impact of music on studying research](#)
- [Report on the costs of multitasking](#)

Each group creates a summary of key findings to share

2. **Structured Observation Activity** (30 minutes) Students rotate through three 10-minute stations prepared by the teacher:

- Station 1: Reading comprehension with environmental distractions (ie: near a window to an active hallway or outdoor space with activity)
- Station 2: Math problems with music (ie: choose genres based on research)
- Station 3: Writing task with intermittent interruptions (ie: set an alarm to go off at varied intervals or teacher can stop by an interrupt students periodically)

At each station, students:

- Complete the assigned task
- Record perceived focus levels (1-5 scale)
- Note specific challenges and effective strategies
- Track completion rates and accuracy

Day 2: Analysis and Strategy Development

3. **Data Analysis** (20 minutes) Students compile their station observations to identify:

- Peak performance conditions
- Most challenging distractions
- Personal focus patterns
- Effective coping strategies

This analysis can be done for 5-10 minutes individually followed by a class discussion.

4. **Strategy Development** (15 minutes) Create personalized focus plans including:

- Optimal study environment characteristics
- Break timing and duration
- Distraction management techniques
- Subject-specific adaptations

5. **Portfolio Creation** (15 minutes) Assemble physical portfolios in the form of a slide show, infographic, or bound booklet containing:

- Research summary and key takeaways
- Personal observation data and analysis
- Custom strategy plan with implementation steps
- Weekly focus tracking template
- Success metrics and adjustment protocols

Closing Activity:

Students present their portfolios in small groups, with emphasis on:

- Connection between research and personal findings
- Evidence-based reasoning for chosen strategies
- Practical implementation plans
- Method for measuring success

Optional Homework Assignment:

Students test their strategies during homework for one week using a simple paper tracking sheet, then write a one-page reflection on effectiveness and needed adjustments.



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