



CASE STUDY 1

001

TITLE: CONCENTRATE!

DESCRIPTION:

This case study will present an example of building concentration skills in the life of an adult. The steps taken by the educator are interdisciplinary and require knowledge of many techniques and stages from the educator. It is not enough to apply concentration exercises alone, the topic should be addressed individually. So that it responds to the needs of the participant and his situation.

CASE DESCRIPTION:

Jan, a 35-year-old adult male, works in a printing company. He often struggles to stay focused on tasks. Jan sought help from an educator to learn how to effectively manage his attention and use it to its fullest potential for success at work.

ACTIONS TAKEN:

Educator's role - strengthening Jan's concentration:

First, the Educator conducted a one-on-one analysis with John to identify factors that affect his concentration. Whether related to the work environment, distractions, stress or other factors, the educator should understand exactly what the main obstacles to the participant's concentration are.



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Second, the educator has selected appropriate attention management techniques. The educator should introduce Jan to various attention management techniques, such as time scheduling, task prioritization, breathing techniques and meditation. Helping him identify and apply these techniques will help Jan focus more effectively on his work.

The next action step was to create an appropriate work environment. The educator should support John in creating an appropriate work environment that promotes concentration. This could include organizing his desk, eliminating distractions (such as turning off notifications on his phone), and establishing a work schedule with appropriate breaks.

The educator suggested concentration exercises for John, such as focusing on one task for a set period of time, solving problems that require deeper thinking, or training his ability to focus on present moments.

It was also important to implement regular monitoring of John's progress in building concentration and evaluate the effectiveness of the techniques used. The educator provided Jan with feedback to help him adjust his strategies and achieve better results.



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Throughout the process, important as an action of the educator is to motivate John and provide him with support. Praise his progress and successes, and help him stay motivated to continue his efforts in building concentration.

CONCLUSION:

The educator's role in John's case is to provide him with tools and strategies to help him manage his concentration effectively. By explaining the importance of concentration, introducing attention management techniques, creating an appropriate work environment, conducting concentration exercises, and monitoring progress and providing support. An educator can help John achieve better results in his work and develop concentration skills for the long term. Without support, the process of building and strengthening concentration competence would be longer, more tedious and more piecemeal without the element of comprehensive action.