

# Improve Your Concentration



## Reading

A new British study finds that chewing gum can improve your concentration. Previous research has already found that gum chewing can boost concentration in visual memory tasks. But in a new study, Cardiff University researchers have found that it also enhances concentration in audio memory tasks.

Published online in the British Journal of Psychology on Friday, the study examined 38 participants who were split into two groups. Both groups completed a 30-minute audio task that involved listening to a list of numbers from one to nine that were read aloud in random order.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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