

Your Study Environment

Your study environment is a designated space *just* for studying. Here are some things to consider when planning your study environment.

DESIGNATED STUDY SPACE

Choose a designated space for your studying (desk/kitchen table)



This is a space *just* for studying



Keep all your needed materials together

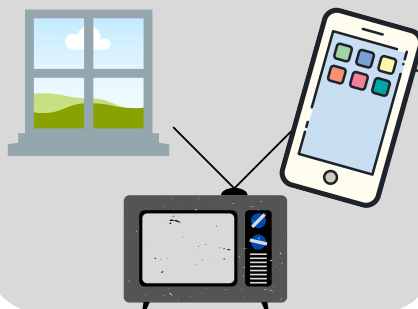


WHAT DO YOU SEE?

Make sure there is enough light



Remove visual distractions from your line of sight



Make sure your space is organized and clutter free



WHAT DO YOU HEAR?

Think about if you prefer to work with noise or quiet



Look up videos of coffee shop sounds or lyric free music to limit distractions



Try to eliminate auditory distractions in your environment



WHAT DO YOU FEEL?

Make sure you have a comfortable but productive space to work



WHAT DO YOU SMELL?

Utilize your sensory memory! Think of smells that are going to keep you calm and focused



TIME OF DAY

When are you most effective?



Plan a schedule that works for you



Don't forget to schedule time for meals and breaks

