

Eight Tips on Creating a Good Study Area

- 1) **Comfortable Environment.** A good study area should have plenty of light (not too much glare) with tables and chairs that are comfortable, but not so comfortable that a person might fall asleep. The temperature needs to be set so it is not too hot or too cold.
- 2) **Properly Stocked.** A good study area has all the available resources needed including books, a computer, pencils, paper, pencil sharpener, erasers, calculator, highlighters, index cards, dictionary, and any other necessary resources. Also, before you sit down, ask yourself if there are any other items you will need.
- 3) **No Interruption Zone.** Turn off your cell phone and emphasize to family and friends (especially to children) that they are not allowed to interrupt you when you are in your study area. If you can, put a Do Not Disturb sign.
- 4) **No Distractions.** It is important to have your area relatively quiet and free of distractions. No TV, no loud radio, no loud ipod, etc. It is okay to listen to music, but be sure to turn down the music and listen only to music that does not have words.
- 5) **Do Not Cram.** Make sure your study area has adequate space and is well organized and that all the materials you need are within easy access.
- 6) **Keep Track of Time.** It is good to have a clock in your study area so you can keep track of time. If you have been studying for more than 45 minutes, it is time to take a 10-minute break. Walk around so you can stretch out your muscles.
- 7) **Keep It Clean.** It is important to keep your study area clean. At the end of your study session, take a few minutes clean up and organize your study area. Put all the materials in their proper place and put your assignments and school material in the appropriate location.
- 8) **Study Areas Away from Home.** It is an excellent idea to have an alternate study area that is away from home. **Math World** is an excellent study area to do your math. There are also study rooms in the library that are available on a first come, first serve basis.