Creating a Productive Study Environment

Reflection Questions:
- *Where do you study?*
- *How often do you get distracted while studying?*
- *What time of day are you most productive?*

Make it Your Own

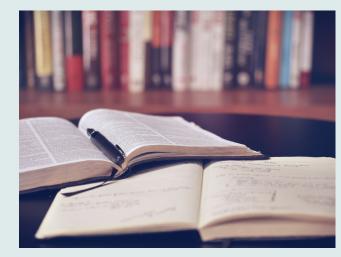*Think about what will help you be productive.*

- Choose a comfortable chair
- Choose an area with a table or desk
- Choose an area with enough light

Have all the Materials You Need

Gather all of your study materials before you start.

Common Items: laptop, charger, textbooks, notebooks, pencils and pens, etc.

Make it For Studying Only

Designate one space in your dorm, apartment, or house for studying. This will help you get in the mindset of studying.

Remove Distractions

- Close unnecessary computer tabs
- Turn your phone on silent and leave it out of reach
- Let your roommates or family know that you are studying

Make a Study Plan

Set goals for what you would like to accomplish during your study session.

Keep Moving

Every hour take 5 minutes to stretch or take a short walk.

Additional Tips

- If possible, do not study on your bed
- Try to find time to study during the times of day when you feel you are most productive
- Give yourself study breaks. For instance, study for 50 minutes then take a 10 minute break.

Steps to Creating Your Productive Study Environment

Step 1: List 2– 3 places where you can study.

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Step 2: List all of the study materials that you need.

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Step 3: List the things that distract you while studying.

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Step 4: List the ways to overcome these distractions.

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Step 5: Create a study plan. Make sure you include breaks.

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