

# Study Environment

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Student  
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Your internal or psychological environment refers to your attitudes, state of mind or habits of mind, stress level, mental and physical health. Your external or physical environment includes your physical surroundings, family and friends, and responsibilities. Decide if there are any obstacles interfering with your ability to become a strategic learner.

Why should you organize your study area? If you always keep your schoolwork and materials in the same place, you will find them quickly and easily. No more lost time searching for them. Your energy will be spent on doing great work.

Consider the following good study habits:

- Set up a table or desk and a comfortable chair, in an area that is well lit and free from distractions. Use the same place every day, at the same time. Do not study on your bed—your bed is for sleeping!
- Clear your working space of visual distractions such as posters and auditory distractions such as T.V., radio, or conversations.
- Say **NO** cell phones, IM, or Facebook/MySpace during study time.
- Use a study group if it truly remains a study group. Do not form a study group unless you plan to study. Otherwise, you end up with a social group that gets together to avoid the loneliness of not learning.
- Assemble all the necessary supplies you need, including food/drink. It is too easy to waste time running back and forth to grab that extra something. An apple will give you more energy than caffeine.
- Bring a positive attitude and outlook. Successful students study whether or not they want to or feel like it.
- Concentrate on getting down to business. When it is time to study, you have to shift into a task-oriented frame of mind.
- Plan two to three study hours for every hour you spend in class/lab, more for Graduate students.
- Study difficult or boring subjects first.
- Be aware of your best time of day to study.
- Pay attention to your attention.
- Agree with roommates about study time.
- Learn to say no.
- Hang a “Do Not Disturb” sign on your door.