

Preparing to Study:

A Good Study Place

- You need a good study place to be prepared to study.
- You should be able to answer YES to all of the following questions:

**1. Is my Study Place available to me
whenever I need it?**

- Your Study Place does you little good if you cannot use it when you need it.

- If you are using a Study Place that you must share with others for any reason, work out a schedule so that you know when you can use it.

- **2. Is my Study Place free from interruptions?**

- It is important to have uninterrupted study time.

- You may have to hang a DO NOT DISTURB sign on the door or take the phone off the hook.

3. Is my Study Place free from distractions?

- Research shows that most students study best in a quiet environment.

- If you find that playing a stereo or TV improves your mood, keep the volume low.

4. Does my Study Place contain all the study materials I need?

- Be sure your Study Place includes reference sources and supplies such as pens and pencils, paper, ruler, calculator, and whatever else you might need.

- If you use a computer for your schoolwork, it should be in your Study Place .

5. Does my Study Space contain a large enough desk or table?

- While working on an assignment or studying for a test, use a desk or table that is large enough to hold everything you need.

- Allow enough room for writing and try to avoid clutter.

6. Does my Study Place have enough storage space?

- You need enough room to store your study materials.

- Be sure you have enough storage space to allow you to keep your desktop or other work surface clear of unnecessary materials that can get in the way.

- **7. Does my Study Place have a comfortable chair?**

- A chair that is not comfortable can cause discomfort or pain that will interfere with your studying.

- A chair that is too comfortable might make you sleepy.

- Select a chair in which you can sit for long periods while maintaining your attention.

8. Does my Study Place have enough light?

- The amount of light you need depends on what you are doing.

- The important thing is that you can clearly see what you need to see without any strain or discomfort.

9. Does my Study Place have a comfortable temperature?

- If your Study Place is too warm, you might become sleepy.

- If it is too cold, your thinking may slow down and become unclear.

- Select a temperature at which your mind and body function best.

- Having a good Study Place is important for good studying.