Creating a Good Study Space

Taking time to identify what should be included in your ideal study environment can be beneficial. The environment you study in has a great impact on your ability to focus, concentrate, and be productive.

Here are some important things to consider when creating your study space:

Claim Your Space
When you have decided which area of your home will work best for your study space, it is important to claim it as your own. Discuss with your family your plans for school as well as your need to have a dedicated study space. Involving them in the process of creating a study space enables them to be a part of this new endeavor while at the same time establishing boundaries around both your study space and your time.

Lighting
Make sure the area you will be studying in has adequate lighting. Lighting that is too dim or too bright may cause a strain on your eyes, cause you to grow tired more quickly, and in some cases it may cause a headache.

Noise Level
Assess your preferences when it comes to noise level. If you are easily distracted, it is best to minimize any outside noise. On the other hand, some learners find that they work best with some noise in the background. If you prefer some noise, try playing music softly. Using a television for background noise may distract you further, as you may become interested in the program that is being shown.

Ergonomics
Ergonomics, also known as human engineering, involves your whole work environment including the work you do and the tools you use. When creating your study space, it is important to consider the tools you will use, such as a desk, chair, and computer. How you arrange the tools you use can have a significant impact on your ability to study effectively and efficiently.

Supplies
Keep office supplies such as notepaper, pencils, pens, highlighters, and white-out handy so you do not have to break your focus if you need something. You may also want to keep a few office supplies in a bag, ready to take with you should you decide to head to the library or local coffee shop for an afternoon study session.

Establish Study Rules
Study “rules” vary for each person. If you know that you need small breaks while studying, establish a set amount of time you will work before taking each break. You may also find it helpful to set a time limit every time you take a break. Involving family members or roommates in the creation of your study rules may be beneficial.

Study Sign or Symbol
When studying, it is often helpful to post a sign on the door or elsewhere letting others know you are studying and should not be interrupted. If you have children who are too young to read a sign, hanging a hat, necklace, or ribbon on the door is a creative way to indicate that you are studying and need quiet time.
Personalize Your Space

Be sure to include some of your favorite personal items in your study space. Anything that puts a smile on your face, helps to motivate you, or reminds you of your reason for pursuing this degree is a good choice. Hang up your latest transcript, a frame for your future diploma, or pictures of your mentors, friends, and family.