Where to Study

Students must have a good study setting in order to do their best work! Typically, students study on the bed, the floor, or "draped" across a comfortable chair. They are surrounded by magazines, photographs, bulletin boards, and other personal items. TV sets, radios, or tape players blare in order to help them "concentrate". Some students are interrupted by phone calls and visits from friends. These distractions keep the student from focusing on schoolwork!

Effective Students:

1. Study in a quiet place. Turn off the radio, tape player, or TV. Ninety-nine percent of the population needs a quiet setting to do their best work!

2. Study in the same place daily (if possible).

3. Remove distractions from the study area.
   a. Don’t study under a bulletin board.
   b. Don’t keep magazines, tape players, and other personal items in your study area.
   c. Don’t study in front of an open window. The sound and movement of traffic is distracting.

4. Don’t take phone calls during study time. Calls may be returned during study breaks.

5. Study on a flat surface, a desk or table is best. Don't study on the floor, you may fall asleep!

6. Sit in a comfortable, straight-backed chair.

7. Keep the study area neat and clean.
8. Store school supplies in your study area. Don't waste time searching for a pencil, paper, ruler, etc.

9. Good lighting is important, avoid glare.

10. Keep the temperature of the study area between 65-70 degrees if possible. It is better to be too cold than too warm! Wear a sweater if need be.

11. Don't leave your study area until time for the scheduled break(s). Be certain not to skip the breaks.

At times a student can't find a quiet place to study. He doesn't have a flat surface, it's too hot or too cold, no one can answer the phone for him, etc.!

If this is the case, you might try one (or more) of the following ideas:

- Use earplugs to help block the noise.
- Study early in the morning before your roommates awake.
- Listen to soft music (no words) to block out the noise. Wear a headset if possible. No, TV is STILL not allowed!
- Find a study setting away from your apartment...Study at the library, the public library (before or after classes)...STUDY, DON'T TALK!

Adapted from: http://www.ourspecialkids.org/parents7.html