Creating a Productive Study Space

It's not always easy to concentrate at home, however a dedicated study space will maximize your chances of success. Every student's space will be a little different, but you'll want to consider these suggestions.

Personalize it

- This is your primary learning space for the semester. Consider your desk/table, seating, lighting etc to make it an enjoyable place to work. Return to this space every time you study - this helps your brain get into a rhythm
- Warning: The couch or bed may be tempting, but those places are for rest!

Eliminate distractions

- As you begin your study session, it's a good idea to silence your phone and place it face down
- Close any tabs in your internet browser that may distract you from your work
- Headphones or ear plugs can help to eliminate background noise

Gather your supplies

- Try to keep all of the things you need in your study space. Your books, calculator, headphones, chargers, notepads, pens, and anything else you might need. This allows you to get working right away!



Create a schedule
Set goals

- Create a weekly planner and try to stick to it.
- Set SMART goals to keep yourself on track.
- Academic Coaches can help you with both of these things!

Move your body

- Try to get up and walk/stretch for 5 minutes every hour. This improves cognitive function and will prevent you from sitting all day
- Longer bursts of exercise are obviously really helpful too!

Look after your eyes

- Adjust the brightness of your computer display
- Use natural light/warm lamps where possible
- Every 20 minutes, look at something 20 feet away for at least 20 seconds
- Leave some space between computer time and bedtime to give your body a chance to wind down.

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*Adapted from 'Elements of a productive study space' from Oregon State University