Creating a Study Environment

*Find a place where you can concentrate and study; keep it for study only.*

Checklist of a good study location....

___ Appropriate level of noise and distractions for your preference
___ Adequate lighting (more natural light=better)
___ Sitting in a chair
___ Temperature is at or below room temperature average
___ Space to escape or take a break

Ideas for Study Locations at Iowa State

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<th>Quiet/Isolated Locations</th>
<th>Background noise/small distractions</th>
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<td>Tiers at the Library</td>
<td>The Hub</td>
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<td>Empty Classrooms</td>
<td>Multicultural Student Lounge (MU)</td>
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<td>Residence Hall Dungeons/Dens</td>
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<td>Browsing Library (MU)</td>
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The Best Times to Study are....

• During the day and early evening because you'll process & more easily remember the information
• When there are few competing activities in progress
• When you are rested
• After you have exercised

Improve Your Concentration!

• **Set study goals** before you begin (based on number of pages, problems, etc.)
• **Switch it up!** Divide the study periods by alternating between subjects/tasks
• **Use a worry pad.** Write down extraneous thoughts while studying or during a lecture. Just keep a small notebook or notepad with you to write down thoughts not related to what is currently going on. Make sure you go back to those thoughts later at a more appropriate time to take care of them.
• **Keep score of your attention** by putting check marks on a sheet of paper for each time your mind wanders.
• **Study with a pen/pencil in your hand,** preparing to take notes as needed
• **Minimize distractions** such as IM, internet, phone, etc.
• **Start with short study periods and build to longer periods only as fast as you maintain concentration and take regular breaks.**