

# Study Skill:

## Focus

Academic Success Center  
Iowa State University

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### 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

#### Quiet/Isolated Locations

Tiers at the Library  
Empty Classrooms  
Residence Hall Dungeons/Dens  
Browsing Library (MU)

#### Background noise/small distractions

The Hub  
Multicultural Student Lounge (MU)  
Lower levels of Library  
Hixson-Lied Student Success Center

### 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 concentration 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.

Source: University of South Carolina ACE <a href="http://www.sa.sc.edu/ssc/resources/">http://www.sa.sc.edu/ssc/resources/</a>
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