



# Effective Study Spaces

Your study environment matters! An efficient study space sharpens your mind and improves concentration. Where you study can play a large part in preparing yourself physically, psychologically, emotionally and socially.

## Physical

Desks or table should hit between the waist and ribcage so your elbows can rest without you hunching over. Flat feet should reach the floor. Choose a comfortable chair without bells and whistles, and if you're using a computer screen, make sure it's 1 1/2 to 2 1/2 feet away from your eyes. Make sure lighting is adequate.

## Psychological

Reduce worries and distractions. Dedicate a space if possible, avoiding spots already associated with eating, sleeping or entertainment. Have pens, pencils, paper and chargers at hand and organized. Color code physical files and notebooks for each class. Name digital files descriptively so they're easy to find. If a quiet space isn't possible, invest in noise cancelling headphones.

## Emotional

Different spaces evoke different moods. If you can modify your space, decorate it to motivate you, with a poor score on a prior test or a vacation you'd like to take in the future. Find colors and scents that soothe or motivate you. Make sure the space is available when you need it— that might mean one at home and one on campus.

## Social

Create a supportive network. If you study better with others, create space. If you study better alone, set boundaries. Either way, be intentional in your interactions with others, whether that be in person or texting or via social media.