CHOOSING YOUR BEST STUDY SPACE



Always Available

Choose a place you can use regularly without interruptions or time limits.



Free from Distractions

Silence your phone, turn off notifications, and avoid checking messages while studying.



Limit Digital Interruptions

Use tools or settings that block social media or unnecessary apps during study time.



All Materials Ready

Have your notes, supplies, and resources ready before you begin.



Enough Workspace

Use a desk or table with enough room to spread out your materials.



Comfortable Seating

Sit in a chair that keeps you alert—not too stiff, not too relaxed.



Good Lighting & Temperature

Make sure your space is well-lit and at a comfortable temperature to stay focused.

PLANNING YOUR STUDY TIME



Schedule Your Study Time

Write down your classes and plan study sessions in advance. Treat them like fixed appointments.



Study When You're Most Energized

Choose times of day when you feel alert so you can focus and complete tasks efficiently.



Use Study Blocks

Study in 50-minute sessions with short breaks. Short sessions help with memorization, while longer ones work best for problem-solving.



Review Before & After Class

Preview notes before class and review them after to improve understanding and retention.



Set Goals & Start Early

Set a clear goal for each session and begin assignments early to avoid cramming.