

HOME STUDY ENVIRONMENT CHECKLIST

Take the time to complete the following checklist about your home study environment. Mark a cross on each scale for the questions. Then reflect about what changes you could make to improve your home study environment.

	Excellent	Very Good	Good	Average	Poor
1. Natural lighting is best but if not then a good strong bulb in your room or a bright desk lamp is essential. What is the lighting like in your study area?					
2. Fresh air and oxygen to the brain helps keep you mentally alert. What is the ventilation and air quality like in your study area?					
3. Your work space sets the tone for the way you approach your study. Is your desk large enough? What is your working space or desk like?					
4. The chair you use should be comfortable (but not so comfy you fall asleep) and adjustable to reduce strain on your neck and shoulders. What is your chair like?					
5. When you are trying to memorise things, quiet is essential. No music (unless it is certain types of classical). How effectively can you keep your room quiet?					
6. Storage is essential to help you keep your notes organized and sorted. Shelves, a filing cabinet, drawers. What is the storage like in your room?					
7. It is important to keep your study area uncluttered and organized. A large pin board and a calendar are useful. How organized is your study area?					
8. How many distractions do you have in your room? TV, stereo, computer, phone etc? How well do you cope with the distractions in your room?					

What changes could you make to improve your study area?