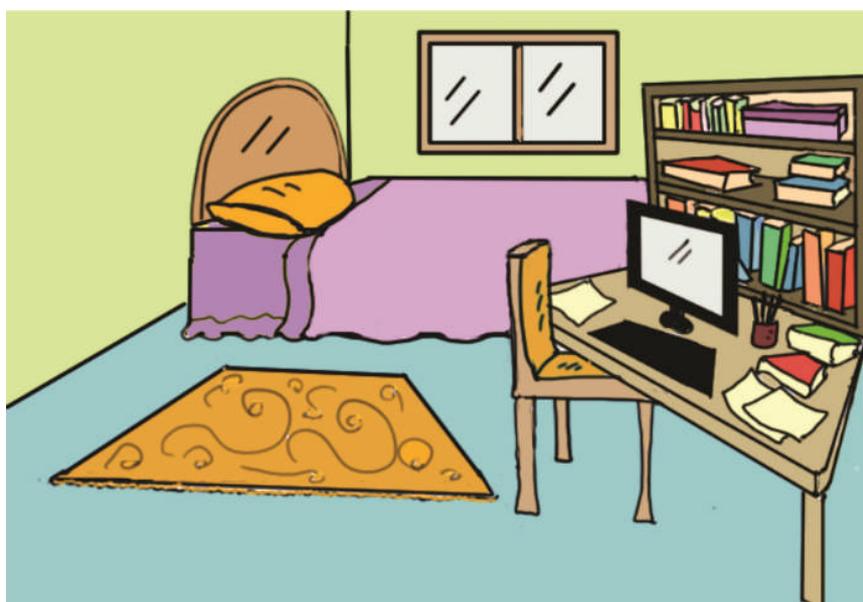




**Enhanced Learning  
Educational Services**  
*"the study skills specialist"*

# HOME STUDY ENVIRONMENT



It is important to set up the space where you do your work at home to ensure your learning time is as effective as possible. Some things you cannot change, but there may be areas you can improve.

- You should read each point and **highlight the key phrases** in that point.
- Discuss with a friend or parent as you read through the handout.
- You may like to work through this over a number of sessions.

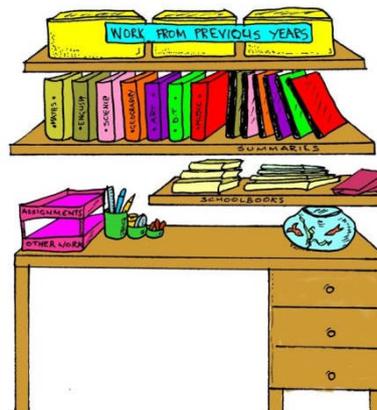
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## Aspects of a Good Home Study Environment:

- Quiet and private space.
- Distraction free.
- Ergonomic set up.
- Regular breaks.
- Good lighting.
- Ventilation (fresh air).
- Clear workspace.
- Storage space.
- Noticeboard.



## 1. QUIET AND PRIVATE SPACE

Achieving this at home can be challenging for some students! Try these suggestions:



**QUIET PERIODS:** See if the family can agree on a 'quiet' period each night for the whole family.

**SIGN ON DOOR:** Make a sign that you can put on your door to tell your family that you are working: 'Quiet please'.

**WORK OTHER PLACES:** Maybe do an hour or so after school in a school library or a public library near your house and do the most difficult work during this time.

**Q:** Should you study/do work in the same place all the time?

**A:** It depends on you!

- Some people find that by working in the same place all the time, their mind links that spot with schoolwork which means when they actually sit down to do work they find it much easier to focus, as the brain has associated this spot with doing work for school.
- Some students find it suits them better to work in different places at different times.

**DISCUSS**

*a. How is your workspace in terms of noise levels? Is there anything you could do to make it quieter and more private?*

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## 2. DISTRACTION FREE

### Food

*Q: Is it ok to eat while you are studying? A: Yes as long as-*

- You are eating something healthy rather than sugary or fatty food as they can make it more difficult for you to concentrate.
- You take the food with you so you aren't getting up every 2 seconds to get more food.
- You don't overeat (as it will make you feel sleepy and your thinking sluggish).

### Music

*Q: Is it ok to listen to popular or modern music while you are studying?*

- **YES:** if you are doing work that doesn't require much effort or concentration.
- **NO:** if you are doing anything that is difficult, requires effort, requires you to think, understand or remember information. If you try and study for a test while music is on, you may not think it is having an effect on you but it is actually going to take you much longer to learn and remember the information.



**BAROQUE:** The only music that helps your ability to concentrate or focus is baroque music (a type of classical music) playing softly in the background.

### Television

*Q: Can I do schoolwork in front of the TV?*

- **MAYBE:** Technically, yes if you are doing work that doesn't require much effort or concentration like a title page (unless of course if it is a family rule that you can't watch TV while doing work, and the reasons why some families might make this rule is in the next point).
- **PROBABLY NOT:** BUT, it is very easy to get distracted when something interesting comes on the screen. So while it won't actually affect the work you are doing if it is easy work, it will mean that it may take you heaps longer to complete the work. It is not a good idea to get in the habit of doing work while the TV is on. You are better off having distinct times for schoolwork and distinct times for your personal activities.
- **NO WAY:** Definitely no TV if you are doing anything that is difficult, requires effort, requires you to think, understand or remember information. If you try and study for a test while the TV is on, you may not think it is having an effect on you but it is actually going to take you much longer to remember the information.

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