

Student Name: _____

Study Skills - 1

Place of Study

Is your place of study optimised for efficient and rewarding study?

Below are some tips offered by students who achieved their goals and got the results they wanted. Read through each item and decide if it applies to the way you currently study. If it does, mark the box on the left - indicating that this contributes to your study success. If not, mark the box on the right, indicating that this is moving you away from your study goals.

I study by myself: If possible do your study/school work in a room by yourself. Arrange with parent/guardian that you have a place of study that is quiet and is separate from others in the house.

Not too hot, not too cold: It is important that the temperature is comfortable in the room you study in. A room that is too warm or stuffy or too cold can have a big impact on your ability to concentrate.

There is good lighting on my desk: A desk lamp is useful to avoid eye strain. Place your lamp on the opposite side to the hand that you write with. This way you will avoid shadows falling across your page.

I keep my desk free from clutter: Ensure that your desk is tidy and free of clutter before you start a study session. Before you begin spend a couple of minutes organizing your desk. You will be amazed how better it makes you feel to work on a desk that is neat and free of clutter.

I actively discourage interruption: Getting distracted by others can be very annoying and frustrating. Get the support of your parent or guardian on having your study place free from interruptions and noise. Turn off your mobile as soon as you start study.

I made sure the chair I sit at during study was suitable: During study you need to sit for a long period of time. Make sure that your chair is as comfortable as possible.

Assign study times, and let your friends know! It is important that you inform your friends, parents and family members of your study times. Arrange to text, phone or see friends outside study times. You will not lose friends by letting them know what you want!

There are no TV / Radio / Internet distractions: Reduce or cut out distraction from TV and music during your study times. Research tells us that it is better for students to work without background music or radio. If this is difficult for you to forego then try rewarding yourself with them during study break times.

Have necessary resources to hand: Always have the textbooks and equipment at hand that you are going to need for the study period.

I reserve my study desk for study and study only: Never use your study desk for leisure activities such as listening to music. Get your brain to associate your place of study with study activity and nothing else.

What actions can you now take to increase your study success?