



Learning Centre

CREATING A GOOD STUDY ATMOSPHERE

Having good study habits is an important factor in being a successful student, and creating or choosing a good study atmosphere plays an important role in this. Try some of these tips to ensure an optimum study experience.

1. **Choose a regular study spot.** This should be a place that is quiet, comfortable and separate from locations where other activities are performed. A quiet environment minimizes distraction, and comfort can help reduce the stress that is associated with studying. Designating a separate place for study is important, because humans tend to form associations with their environments. A separate study spot can help put you in a study mindset, but studying on your bed, for example, can make you sleepy.
2. **Study difficult material when you are most alert.** For college students, this is usually in the evening. Studying when your brain is most active improves your chances of understanding challenging material.
3. **Take breaks while you study.** Some experts recommend taking a 15-minute break every 45 minutes. This will give your brain a chance to rest and combat fatigue. A rested, relaxed brain will retain more information than one that is overworked.
4. **Break assignments and study time down into manageable pieces.** For example, instead of studying for 10 hours in one day, try 2 hours each day for five days. You will learn more and sweat less!
5. **Get enough sleep, eat right, and exercise.** Although it's easy for students to neglect their bodies during intense parts of the semester, it's important to maintain a healthy lifestyle. The brain works best when the body is fit.

Although these tips are useful as a general guide, it is important to be aware that everyone is different. Most people benefit from having a regular study spot, but some prefer to change locations. Some people can study for a long time without getting exhausted, while others tire out quickly. Also, the optimum time of day

varies between individuals. So try some of these tips and see how they work for you -- but remember, you may have to customize them to suit your unique self 😊