

The 5 Ways to Establish the Optimal Studying Environment for Peak Academic Performance

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Creating a positive environment to work on schoolwork isn't just something that will help save you time, it can help you retain information more effectively, and focus for longer periods.

In this article, we will discuss some important factors in setting up an **effective work environment**; one of the most important ways to improve your study habits.

1

Distractions are one of the most common ways to take away time from your studying.

For this reason, work should be done away from the T.V., gaming systems, and other individuals (such as family members). These factors may pull you away from your studying.

2 **Aside from engaging in other activities that take away from studying, noises can also make your memory retention less effective.**

Try to study in a quiet space. If you prefer some background noise while studying, turning on quiet music or working in an area with subtle noise (i.e. a coffee shop or library) may be a good alternative solution.

3 **Being comfortable while you study is also very important.**

The last thing you want to be thinking of the night before an exam is how uncomfortable your back is feeling. Ensure that you are sitting in an ergonomic, upright position, with comfortable seating.

4 **Good lighting in the room is also an asset.**

Instead of focusing on what words are on the page while in a dimly lit room, you can now focus on specific topics, and what the material is trying to tell you.

5 **Organization is key.**

If your notes are accessible and well laid out, chances are you'll be able to answer a question you have as soon as it pops into your head. This also means that you should have appropriate tablespace for all of your notes, textbooks, and assignments.

Sometimes, even when put yourself in the best position for a quality study session, the material still doesn't sink in. Often a fresh, personalized teaching approach is the next step in learning how to study effectively.

For more information on how a one on one tutoring session works, visit:

<https://www.schoolofthoughttutoring.com/book-a-session>

We hope to hear from you in the near future!

Click Here to Book a Session