

HOW TO CREATE AN EFFECTIVE STUDY ENVIRONMENT

I get it. You want to study hard and ace those exams. So you get right down to work – pouring over the numerous pages of your textbook. After a while, you suddenly realise you're getting exhausted, or you have numb feet, or your back aches – and guess what? You've been reading for only forty-five minutes.

That's what happens when you subject yourself to a poor reading environment. Your strength diminishes quickly and eventually, productivity plunges. In the end, you've managed to read for a short time, and worse, you can't recall nearly all you've read.

Research estimates that the average university student spends around seventeen hours a week in reading for exams. That's the same amount of time spent on a part time job. If you're spending that amount of time on an activity, you should make the most of it.

Where you read is just as important as *what* you read. Numerous studies have shown that the place where a person studies directly affects how much information that person is able to retain. Check out one of them [here](#).

Students usually have a lot of information to digest under such a short time. Every second counts. You have to make the best of every of your study time, and creating the perfect study environment is one sure way to do that.

Here are sure tips to guide you to that destination:

1. Pick a good place, and stick to it

This is foremost and of highest import. Our brains like to find patterns to everything which is why we don't have to think too much when we're typing on our keyboards, or before stepping on the car brakes. When you pick a study place and are consistent with it, you are telling your brain that once you get there, it's time to study. Thus, improving learning and assimilation.

2. Comfort is important

It's important that the area is serene, the room temperature is right, and there's enough lightening (natural light is preferable). But you don't want to make it too comfortable so that you don't get too relaxed and end up sleeping off or totally abandoning your studies.

Another thing that would help make your study environment comfortable is personalization. Adding decorations such as a poster you love, or a family photo can really make the environment more familial and could even serve as a source of motivation to keep studying.

Adding colours that apply to your senses too would help. For example, colours like purple, blue, and green tend to give a sense of stability and peace.

But don't add too many decors as they may end up being the very source of your distraction.

3. Remove every form of distraction

These days, it's pretty easy to get distracted – even with little things. A little distraction here, another one there, and before you know it, time's gone and you haven't studied much. Do yourself a favour. Don't let those distractions stay present. Stay disciplined. Determine what and what gets you distracted and do away with them completely as soon as you start studying.

A common source of distraction for most people are their phones' social media and internet. Simply switch it off or turn on silent mode before commencing your study. Other sources include your rather unserious friend or course mate, or even music.

Truly, many people enjoy listening to music while studying but studies have revealed that focusing too much on song lyrics cuts down assimilation rate. So, if you love music and, perhaps, need it to read, I suggest that you go with background music or opera. It would provide that same satisfaction without impeding your learning process.

4. Ready your resources

In order to make learning effective and somewhat stress free, it's important to have everything you need available and accessible. From books to bookmarks, pencils, textbooks, and the likes. Always have what you need ready. Stopping to search for something in the middle of your studying would only break concentration and ultimately lead to reduced assimilation.

5. Keep things organized

This is one of the most important. A place where there's dirt, disarray or distorted placement of files, books, and other important items will only serve as a great distraction, and reduce the efficiency of your reading.

Clear away all the unnecessary items on your study-desk. Place similar items in the same place (and label them if necessary) so they're easy to reach; and most of all, make your environment very neat and tidy. Do these, and you're sure to have a wonderful study experience.

6. Recreate your learning environment

This is based on the theory of context-dependent learning which suggests that you're more likely to learn more about a thing in the same place that you first learned it.

So, if you first learnt that subject in a formal classroom with desks, and chairs and bright lights, it would help to recreate your own little classroom in your study location – the lights, noises, smells, etc.

7. Associate something with the environment

Research has shown that the more familiar you are to a stimuli associated with a study environment, the more likely you are to learn from it. A particular researched involved a student associating a lamp to a study environment, and every time he switched on that lamp, he was ready to study. At the end of the research, analysis showed that his memory retention had increased over time. You don't need to use a lamp. It could a book or piece of object – anything to signal to your brain that it's time to study.

8. Don't do anything else in that *sacred* place

Once you've made the environment clean, illuminated, and comfortable, it's easy to be get tempted to use it for other purposes such as playing games and watching Netflix. That's a bad idea. Remember, you're trying to convince your brain that, that particular space is for reading, and reading alone. Doing other leisure activities in your study location would signal the brain that there are fun things in that area. This results to distracting thoughts and reduced reading effectiveness.

Let's Wrap It Up

Studying in and of itself is tasking, time consuming, and energy draining. In order to get comfortable, you have to add as many cushions as you can. These tips work. Follow them, and you'll find yourself reading with utmost ease.