

Organizing Your Study Space

1. Physical Space Check-In

Describe your current study space in the area below. What does this space say about your study habits? How does it make you feel when you sit down to work?

Meta Moment: How does your physical environment affect your ability to concentrate, stay motivated, and complete tasks?

2. Your Brain & the Senses

Engaging with our senses can be a great way to make our study spaces more inviting. Understanding what we want to see, hear, and feel in our study space helps with productivity. Use the table on the next page for the following senses: Sight, Sound, and Touch.

What do you see at your desk? What is your lighting like?

Do you like to listen to sound, or do you like complete silence? What do you like to hear at your study space?

How do you like to feel at your space? Are you someone who likes to be comfortable (i.e. sweats) or do you need to dress formally? Do you need to have a comfortable chair?

Sense	Current Setup	Improvements Needed?	Ideas to Improve
Sight			
Sound			
Touch			

Studying and Sound: Researchers have noted that studying with music in the background can be beneficial or detrimental to student learning. Try studying with music that doesn't have any lyrics or listening to brown or white noise to help maximize your learning!