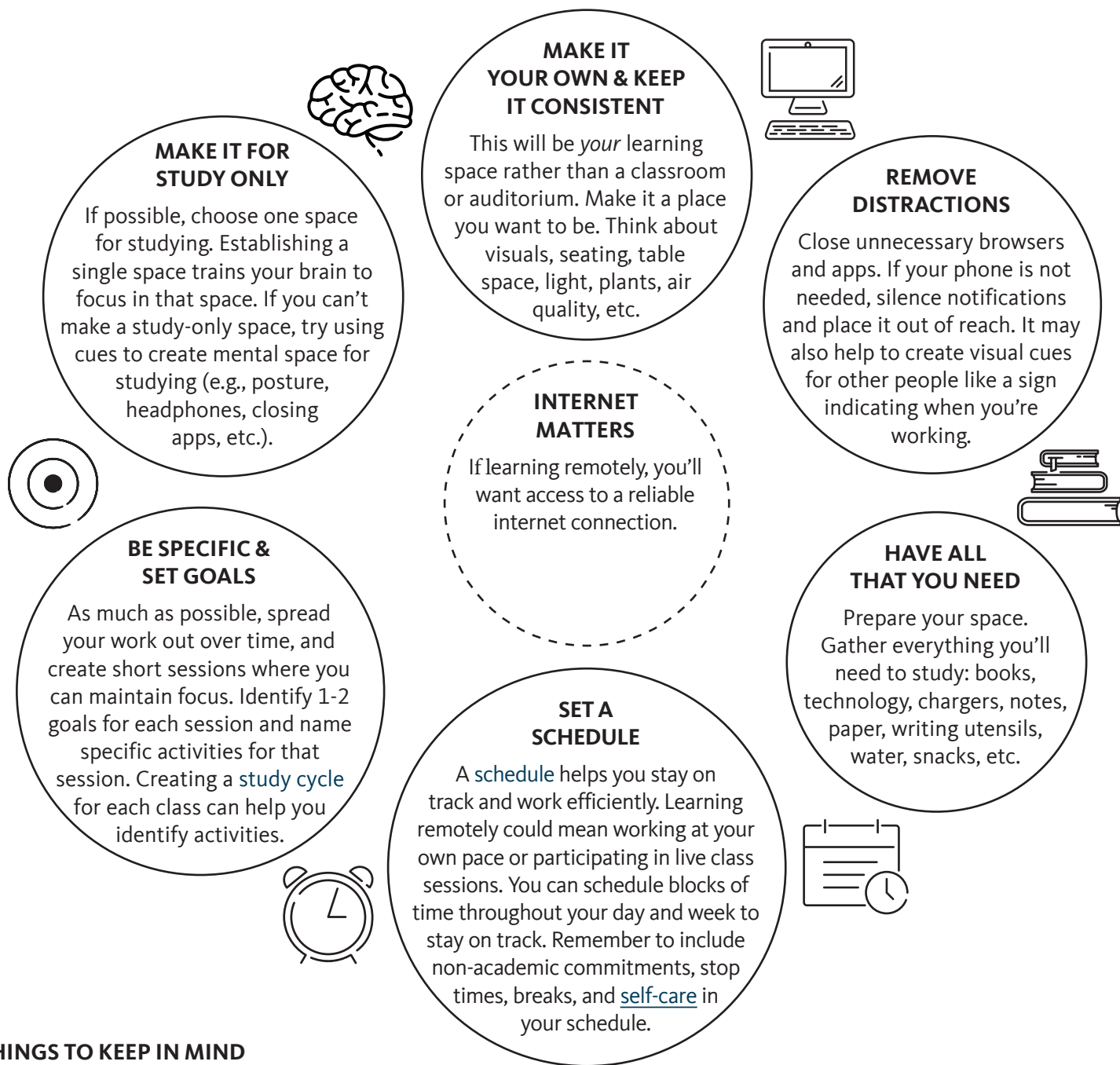


Elements of a Productive Study Space

While our brains are capable of incredible processes, these processes require concentration and focus—both of which take energy and practice. The more we can do to minimize distractions, the more likely our brains are to maintain focus and retain material. Study space is key. Here are some elements to consider when setting up your study time and space:



THINGS TO KEEP IN MIND

- ✦ If you're learning remotely, your study space may also be where you attend live class sessions or visit office hours.
- ✦ Visual and physical cues may help create routine. Some people find it helpful to create a ritual or sequence of actions to prepare for studying, or to dress as they would if attending an in-person class.
- ✦ We all work best in different spaces or environments. Some people like organized, meticulous spaces; others appreciate creative chaos. Make your space one that works for you.
- ✦ If the space doesn't work, take time to figure out why. [Evaluate your study space](#), make changes, and work to create an environment where you can learn effectively.