

i If you are like me, you find it extremely difficult to study in the average household these days. There are just way too many distractions. People running around, cleaning, doing chores, watching TV—each distraction progressively derails you from achieving the task at hand, to STUDY!

Here are a few tips to help create an effective environment in which to study:

1) Study at a desk.

Studying at a desk will help to keep you focused on studying. Lying on a couch or on your bed may be comfortable, but you may also find it easier for your mind to wander.

2) Do NOT sit in a room with the television on.

Watching TV while trying to study is probably the worst thing a person can do. Nine times out of 10 you will wind up attempting to study only during the commercials, and the two-to three-minute intervals between shows just isn't enough time for something sink to in.

3) Play some soft, familiar music in the background.

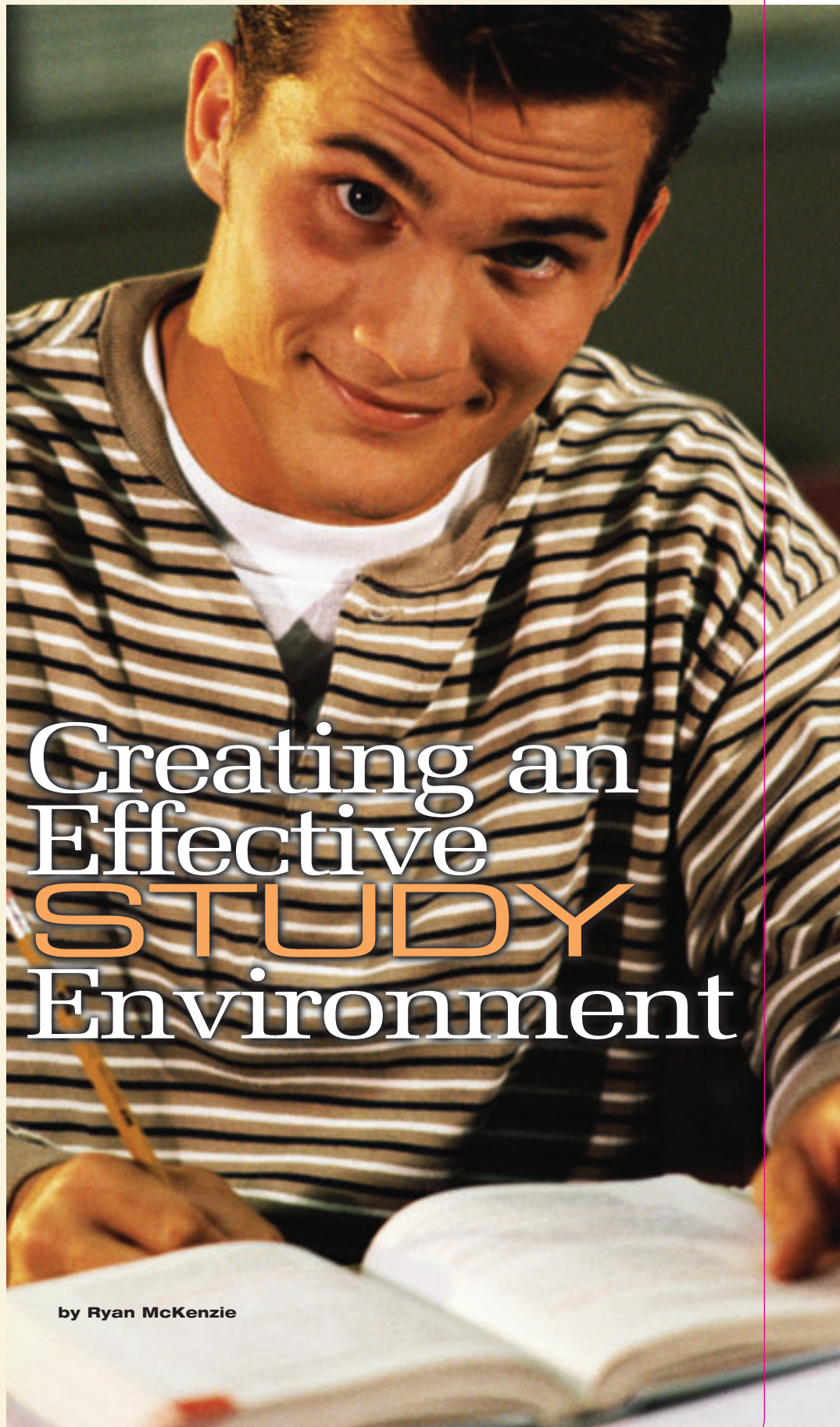
Music has been shown to aid in information retention. Avoid listening to music with heavy lyrical content or music you've never heard before, as you will just wind up distracting yourself.

4) Get away from other people (unless they too are studying).

It is in your best interest to avoid others when trying to study. Hanging out with somebody while studying or doing homework usually leads to unnecessary conversations on unrelated topics. Better to go somewhere quiet like a library, where there are plenty of desks and limited noise and distractions.

If you follow these tips you should be able to save yourself some time in the studying department. I look at it like this: I'd rather spend one hour of solid focused time studying distraction-free than spend four hours and accomplish only mediocre study time. ❖

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Creating an Effective STUDY Environment

by Ryan McKenzie