

Effective STUDY SPACES



Your study space matters! Where you study can play a large part in your physical, psychological, emotional, and social state. A good study space allows your brain to focus and concentrate.

Social

Be intentional with your interactions with others, online and offline. Set boundaries with your time and create space for others.

Emotional

Different spaces evoke different moods. Work in an open, uplifting, non-stressful environment.

Psychological

Minimize distractions. Use a dedicated space. Stay organized. Use noise-canceling headphones.

Physical

Desks should be between waist and ribcage height. Use a comfortable, simple chair. Place your feet flat on the floor. Keep screens 1.5-2.5 feet from your eyes.

