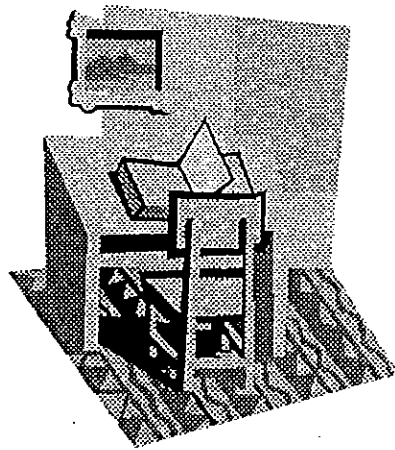


# Creating the Right Environment for Revision



# Your Study Environment

**1. Location** Try to find somewhere to revise where you will be free from distractions, whether they be computer games, mobile phones, or even younger brothers and sisters! If this is difficult at home, try your local library, a grandparent's house or ask a teacher if there is somewhere to work at school.

**2. Time of Day** Whenever possible, you should schedule your most challenging topics and most intense study sessions during the time of day when you are most alert. Ask yourself if you are more alert/productive during the morning, mid-day, or evening and plan accordingly. (Most people are more alert in the morning)

**3. Posture/Mobility** Some people prefer to sit at a table or desk in order to concentrate and study effectively. Others are able to learn more easily while sitting comfortably on a sofa whilst some need to move about in order to learn. Furthermore, some people have the ability to sit and study for long periods of time, while others need to take frequent breaks. Recognising your posture and mobility needs will help you to plan where and when you should study. If you are using a desk or table, make sure it is large enough and try to avoid clutter.

**4. Sound** Contrary to popular belief, not everyone needs to study in a perfectly quiet environment. However, if you do choose to study to music, choose music without lyrics to prevent your thought process from being interrupted.

**5. Lighting** Studies have shown that some people become depressed because of light deprivation during the winter months. If you are one of those people, you should try to study and spend as much time as possible in highly lit places. Other studies have shown that reading ability can be affected by the light contrast between print and paper colour. There is a high contrast between black letters printed on white paper. Some people find it easier to read black print on blue or gray paper which has less contrast and is easier on their eyes. Being aware that light does make a difference - you should study in the environment that best matches your learning preferences.

**6. Temperature** While you can't always control the temperature of a room, you should be aware of your preference for either a cool or warm environment. Dress in layers so that you can adjust to differences in temperatures. Choose to study in the environments in which you feel most comfortable.

**7. Refreshments** Make sure you drink plenty of water to keep your brain alert. Avoid too many fizzy drinks and too much caffeine.

**8. Equipment** Make sure that the place you chose for revision contains all the material you need, such as paper, pens and pencils, calculator, textbooks, notes and a computer if possible.