FINDING YOUR STUDY SPOT

Creating Your Ideal Study Spot

Taking courses online requires you to find a location where you can focus on your work and be productive. What makes a study spot ideal varies from person to person. Use the information below to start thinking about what you can do to turn your environment into a productive location.

Social Studiers

Do you like to study in **public places**? Have you found being in places like a **coffee shop**, the **University Center**, or places with **high foot traffic** are the best places for you to study? If you're not able to get to these types of locations, try recreating these environments through these tips:

1. **Make some noise**
   Play background noise to recreate the sounds of being in a location with a lot of people. Try listening to Coffitivity (https://coffitivity.com/) to recreate the sound of people chatting around you or Brain FM (https://www.brain.fm/) to listen to music selected to improve focus.
2. **Have your coffee shop drink**
   Make a cup of coffee or tea to kick start your study session.
3. **Challenge others**
   It feels good to show others we're being productive. To recreate this feeling, try creating challenges between others in your classes. See who can find an answer to a question first, solve the most problems in 10 minutes (correctly), share study goals, or create other challenges that you can share with your friends.
4. **Make it a social experience**
   Get a group of classmates together to create a study group! If you're not able to physically get a group together, form an online study group. Use platforms like FaceTime, Webex, Zoom, Skype, or other video chats to get your group together and talk about assignments. If everyone isn't available at the same time, start a group chat and check in with one another when you have the time. If these options are too distracting, reward yourself by setting up a time for a social video chat with friends after you study if you complete a certain task or goal.

Solo Studiers

Are you the type of person who likes to study in **places of solitude**? Have you found being in places like a **library**, an **office**, or places with **no distractions** are the best places for you to study? If you're not able to get to these types of locations, try recreating these environments through these tips:

1. **Use earbuds, headphones, or noise-cancelling devices**
   If you're used to using earbuds, headphones, or noise-cancelling devices to drown out background noises, keep using them even if the noise level is minimal in your current location. This can help you get into your study zone quicker since you're used to using them.
2. **Let others know you need your space**
   Develop a routine and let your roommates/neighbors/family know you need quiet study time. Being open about your needs may help reduce intrusions and distractions.

3. **Minimize distractions that in your control**

   While you can't control everything, take advantage of what you can control. Turn your phone "off" (not vibrate or mute, but actually OFF). Close all applications on your computer that could be distracting, such as Instagram and other social media. Use these distractions as rewards or motivators; if you complete a task reward yourself with a few minutes on your phone.

4. **Check in with others**

   Some people like to study at places like libraries because they're quiet, but also because you like having others around you. Even if you don't engage with others while you study, knowing others are around can be comforting. Ask classmates to create a study group, but be upfront about your need for limited distractions. If you're not able to physically get a group together, form an online study group. Use platforms like FaceTime, Webex, Zoom, Skype, or other video chats to get your group together and talk about assignments. If everyone isn't available at the same time, start a group chat and check in with one another when you have the time. If these options are too distracting, reward yourself by setting up a time for a social video chat with friends after you study if you complete a certain task or goal.

Tips for All Study Locations

No matter what your preferred study environment looks like, some tips are applicable to everyone.

1. **Set up a go-to space**

   Find a place that you can make your own on a consistent basis. Try to make this location away from things you find distracting. Keep your books, notes, computer, and other important materials in this location so you have all of the items you need to be productive in one space. Think about this space as your learning or work space.

2. **Practice healthy habits**

   Consider practicing relaxation techniques such as meditation, yoga, hot baths, walking, etc., and healthy exercise routines. These practices can help keep you centered, stable, balanced, and healthy while also providing much needed breaks to studying. When the homework starts piling on, be sure to take a break; it will help you reduce your stress and be more productive in the long run.

3. **Stay motivated**

   It can be difficult to stay motivated when you're under a lot of stress and have a long to-do list.

   - Remember that you're not alone. Reach out to your classmates, friends, instructors, advisors, or family members. Talk to someone if you have concerns or need some encouragement.
   - Break down large amounts of work into small goals, then work hard to accomplish them. Think about reading just one article if you have five to read. Then reward yourself and give yourself a break before moving on to your next one. The sense of accomplishment after each one will boost your confidence and motivation.
   - Think positive and practice growth mindset. You CAN do this and you WILL do this. If you encounter problems or have concerns, reach out to someone before it becomes a larger concern.

For more information and support, contact:

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