



Learning & Academic Resources Dept.
Long Beach City College
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Study Environment

Where you study is just as important as how you study. A good **study environment** should be quiet and free of distractions.

- * It's a good idea to have a **desk** that is devoted entirely to studying. You will find that you get into the habit of beginning to study as soon as you sit down.
- * **Turn off** the television and radio. Have the answering machine, a family member or roommate take phone messages. Close the door to your room so that you are not bothered by people dropping in.
- * Have **everything you need**, such as writing material and books, close at hand.
- * Be sure you have sufficient **work space**. Remove everything from your study area that is not related to what you are studying at the time, so your space is uncluttered. The area should be large enough so that you can work comfortably.
- * Use a **chair** that supports your back, not one that invites you to lounge and eventually fall off to sleep. Never study on your bed.
- * Be sure that there is adequate **lighting**.
- * Arrange your desk to **face a blank wall** rather than a window, so you don't become distracted by what's going on outside.

Thanks to Glendale Community College Counseling Services
for providing some of this information.

If this was helpful you can get more useful information by taking a **Learn 11** class.