



# STEP BY STEP MENTORING PROGRAM

*Caring and Growing...Together*

**“A Good Study Place”**

Preparing to Study: Find a Good Place to Study

You need a good study place to be prepared to study. You should be able to answer **YES** to all of the following questions:

**1. Is my study place available to me whenever I need it?**

Your study place does you little good if you cannot use it when you need it. If you are using a place that must be shared with others for any reason, work out a schedule so you know when you can access it.

**2. Is my study place free from interruptions?**

It is important to have uninterrupted study time. You may want to hang a Do Not Disturb sign on the door or shut off your cell phone.

**3. Is my study place free from distractions?**

Research shows that most students study best in a quiet environment. If you find that playing music improves your mood, keep volume low.

**4. Does my study place contain all the materials I need?**

Be sure your study place includes reference sources and supplies, such as pens, pencils, paper, ruler, calculator, and whatever else you need. If you use a computer for your schoolwork, it should be in your study place.



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**5. Does my study place contain a large enough desk or table?**

While working on an assignment or studying for a test, use a desk or table that is large enough to hold everything you need. Allow enough room for writing and try to avoid litter.

**6. Does my study place have enough storage space?**

You need enough room to store your study materials. Be sure you have enough storage space to allow you to keep your desktop or other work surface clear of unnecessary materials that can get in the way.

**7. Does my study place have a comfortable chair?**

A chair that is not comfortable can cause discomfort or pain that will interfere with your studying. A chair that is too comfortable might make you sleepy. Select a chair in which you can sit for long periods of time while maintaining your attention.

**8. Does my study place have enough light?**

The amount of light you need depends on what you are doing. The important thing is that you can clearly see without any strain or discomfort.

**9. Does my study place have a comfortable temperature?**

If your study place is too warm, you might get sleepy. If it is too cold, your thinking may be slow and become unclear. Select a temperature at which your mind and body function best.