

Create a Positive Learning Environment

1. Put your desk against the wall so that you face a wall when you study to decrease distractions.
2. Put all pictures, mementos, and decorations on the other side of the room so that they don't distract you from your work.
3. Don't use your desk for anything but studying; by the same token, don't use your bed for studying - establishing habits will make concentration easier.
4. Study in a comfortable chair.
5. Turn off the ringer on the phone and turn down the volume on the answering machine.
6. Establish times with your roommates for studying to ensure peace and quiet.
7. Turn off the television or stereo - only listen to light, familiar music if you need background noise.
8. Study in a well-lit area.
9. If people are too loud for you to concentrate, try asking them to be quieter (if you need pointers on how to do this, consult your SA or RLC).

-adapted from *College Study Skills: Becoming a Strategic Learner*
-provided by the Grinnell College Academic Advising Office