

Tips for Studying in Your Room

From the Academic Advising Office, Grinnell College

JRC 3rd floor, x3702

If you are someone who likes to study in your own room but you have been struggling to maintain productivity, try utilizing some of these tips to make the space more productive.

1. Position your desk 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 do not distract you while studying.
3. Do not use your desk for anything but studying. It is important to create habits that will make concentration easier.
4. Do not use your bed for studying. Not only can this make you feel sleepy while studying but it can also make you experience difficulty when trying to sleep at night.
5. Study in a comfortable chair in a well-lit area. This will help make sure that you are not distracted by a sore back or by strained eyes. Even if you do not realize it is happening, small distractions like these can diminish your productivity.
6. Put your cell phone on silent and then place it someplace where you cannot see it and will not be tempted to look at it.
7. If you do not need your computer for the assignment, put it away or turn it off.
8. If you do need your computer for the assignment turn off the internet so that you are not distracted by Facebook, your e-mail, or other websites.
9. Establish times with your roommate(s) for studying so that all of you can get peace and quiet during the times when you wish to study.
10. Turn off the television or radio. If you prefer to listen to music while studying, only listen to light familiar music.

Adapted from Blerkom, D. L., [College Study Skills: Becoming a Strategic Learner](#).