



# 9 Tips

## *to building a good study spot*

**M**ake sure all of the materials you need are there (books, pencils, papers, rulers, etc)

**D**istraction free is a must. No TVs, phones or devices allowed, unless they are being used for homework. Distraction free from other family members is important as well to maintain focus.

**I**f you need some background noise, include a small fan or a white noise machine. Classical music has also been shown to provide good background noise in a study environment.

**M**ake sure you have a good chair and solid writing space.

**K**eep the area picked up and free from other distracting materials.

**C**locks are great to add to your study area if you track reading time, etc. Clocks are a much better alternative to a phone.

**H**ave the area well lit, natural light is bonus!

**I**f possible, you want to use this space only for studying.