# Effective Study Environments

*During these challenging times we want to provide as much support as we can, in order to maximise pupil learning. As a result, we have explored the topic of study skills and created our steps for success when creating an Effective Study Environment!*

## Tip 1 – Short & Regular

*Divide your study time into smaller chunks that are punctuated by periods of rest. It's really important to take some periods of rest when doing intense mental activities such as studying. It's not for no reason that the Pomodoro technique—a time management method developed by Francesco Cirillo in the late 1980s—is a popular one for learning. It proposes to work/study in smaller chunks of 25 minutes, and take a 5 minute break in between those chunks. Additionally. every four "pomodori" (i.e. every 2 hours) take a longer break of 15–30 minutes. A pomodori refers to a 25-minute period of work/study. This technique can help you stay focused because you know the entire time that you're never far away from a break.*
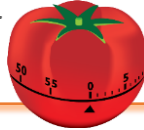
## Tip 2 – Routine Time

*When placing your study sections on your calendar, choose blocks of time during the day when you are at your peak performance. Some people work best in the mornings, and others, at night. If you're unsure when you work best, try studying at different times of the day to see which suits you and your body clock best.*

*Setting a specific time in the day to study will prime your brain to be more focused and productive during this time, if repeated regularly.*

## Tip 3 – Study Space

*The best way for you to "get into the zone" while studying is to, well, get into the zone. Your study zone. Having a specific location for your studies will help you trigger the habit as soon as you enter the room or place. Your study zone should be organised, cool, well lit, and distraction-free.*

*"An organised space = An organised mind"*
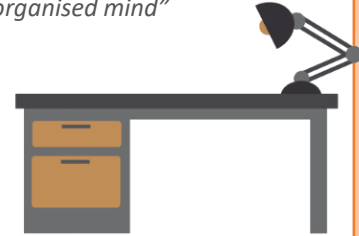
## Tip 4 – Be Prepared

*Failing to prepare is preparing to fail! When studying pupils should ensure that they have everything they will need within the study session. This will avoid a situation where they will have to interrupt study in order to fetch anything they may require. Being well prepared with all class notes, textbooks, jotters, past papers, stationary, etc, will avoid disruption of focus and concentration levels.*

## Tip 5 – Music?

*If you do play music to help you study, then try to choose music without words and stick to instrumentals – and make sure it's not too loud or changes volume repeatedly.*
*Music that's likely to use up more 'brain bandwidth' is often going to be music you love so much you find it hard to ignore; music that has a lot of variety in it (changing tempo or loudness); or music with lyrics.*

*Therefore, instrumental music with a regular beat and that's just a bit uplifting might be better than some of your favourites. Below are some useful links to playlist which can increase concentration levels.*

*https://open.spotify.com/playlist/37i9dQZF1DWZeKCadgRdKQ*
*https://www.youtube.com/watch?v=oPVte6aMprI*

## Tip 6 – Phones/ Social Media Away

*The leading internet blocker, Stop Procrastinating, has announced that 64% of US students have cited online distractions such as social media as a hindrance to their productivity. Facebook, Twitter, Snapchat, shopping websites and YouTube were among the sites that students found the most distracting.*

*Turn off your phone or your notifications when you are studying. If receiving messages from friends, pupils will become easily distracted and will be unable to focus on tasks/ revision at hand.*