



**Southbank**  
Institute of Technology  
Education for aspiring minds

# Managing your Studies

Study Environment



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## Study Environment



### Study Environment Analysis

The purpose of this inventory is to help you evaluate the three places you study most frequently.

Identify three locations where you study most frequently:

Place A \_\_\_\_\_

Place B \_\_\_\_\_

Place C \_\_\_\_\_

Then fill in the following table according to whether the statement is **mostly true** or **mostly false** about each of the three places you have identified. (T for True or F for False)

	Place A	Place B	Place C
There are few distractions, such as telephone, radio, surfing the internet in this location.			
Other people rarely interrupt me when I study in this location.			
This is a quiet location, with almost no interruptions from telephones ringing, people talking or music playing.			
I take a limited number of breaks when I study in this environment.			
I study here regularly during the week.			
I tend to keep my breaks short when I study in this location.			
I rarely talk with people when I study here.			
The temperature in this place is very comfortable for studying most of the time.			
The chair in this place is very conducive to studying.			
The desk/table in this place is very conducive to studying.			
The lighting in this place is very conducive to studying.			
There are few things in this location that are unrelated to studying or school work.			
<b>Total Number of 'Trues' for each place of study:</b>			

The place with the highest total of 'Trues' may be providing you with the best environment for study. Try to do as much of your studying in this location as possible.

## Study Environment

Now that you have assessed the quality of the three locations you study most frequently, let's look at variables that make certain environments more conducive to study than others.

### Distraction Free

Much study time is wasted by distractions:

- talking to friends
- playing computer games
- surfing the net
- watching TV.

Think about your last study session. How long did you try to study (time from beginning to end) and how much of that time was actually spent studying?

If there is a big discrepancy in your response between the two questions, you may wish to explore another study location with fewer distractions.

The result may be that it will take you less time to accomplish the same amount of work because you are able to stay focused in that environment more easily.

Another source of distractions may be personal concerns, which can be more difficult to control. If you find that this is your greatest study distraction, you may wish to talk with a counsellor at Southbank Institute of Technology to try to find ways to reduce or resolve your personal concerns.

## Conditions (i.e. chair, desk, lighting, temperature) are conducive to studying

- The chair used for studying should be comfortable enough that you can sit for 45-50 minutes at a time.
- Sitting at a desk or table that provides adequate space for your materials to spread out is important.
- The lighting in the room should not cause eyestrain and the temperature should be comfortable

### Materials needed are present:

It's important to make sure you have everything you will need for a particular study session when you begin. If you're going outside your room to study, think through what you will need to accomplish your study goals and take it with you.

### Need Further Assistance?

If you continue to experience difficulty in managing your studies and are not obtaining the grades you would like, talk with a Southbank Institute of Technology counsellor about further strategies to improve your study time.

### Southbank Institute of Technology Counselling Service

To make an appointment, contact the following number:

Phone: 3244 5095

[studentsupport.services@deta.qld.gov.au](mailto:studentsupport.services@deta.qld.gov.au)

## Sources

This information was acquired from the following website: [www.ucc.vt.edu/stdysk/stdyhelp.html](http://www.ucc.vt.edu/stdysk/stdyhelp.html) (2002) Virginia Polytechnic Institute and State University (Cook Counselling Centre).

