

TIP #1

When in class, sit in the front row or close to the front of the room.

You will have the “best seat in the house” in terms of being able to see and hear the information.

TIP #2

Keep your phone in your bag and on silent.

Even checking a quick text, SnapChat, or other instant message can be a form of multitasking and “self-interrupts” your learning process.

TIP #3

Designate one space outside the classroom for learning.

This creates the cues that tell your brain, “It’s study time!”

TIP #4

Have only the materials you need for that study/work session.

Taking out every textbook, notebook, and device can be overwhelming and distracting.

TIP #5

If noise is helpful, create your study “soundtrack”.

Some learners can get “into the zone” with the right noise. Consider finding music that your brain will come to only associate with learning.



Tips for Managing Your Learning Environment