The Productive Study Space

Where you choose to study can make or break your productivity. A space full of distractions can eat up your time and energy. In college, you have the opportunity to take ownership of your study environment, so whether that means choosing a better location on campus or adjusting your current space so it works for you. Taking ownership means noticing what helps you stay focused and actively reducing what gets in your way. That could mean turning off notifications, clearing your desk, or finding a quiet corner in Bracken Library.

Your Study Space Audit

Look at where you normally study—at home, in your residence hall, or around campus. In the first column, list what helps you focus and what distracts you in that space. In the second column, write down one or two changes you could make to "take charge" of your environment.

LIGHTING AND VISIBILITY

The overhead light in my room is too dim and makes me tired. → I'll bring in a desk lamp with a brighter and warmer light for better focus.

Where do you currently study? (Identify the space you normally use to study in each location,)

Home/Residence Hall: _____ **On Campus:** _____

HOME OR RESIDENCE HALL	CURRENT VIBES	IDEAL VIBES
SOUND & DISTRACTIONS		
ACTIVITY AROUND YOU		
LIGHTING & VISIBILITY		
COMFORT & SEATING		
WORK SURFACE & LAYOUT		
TOOLS & RESOURCES		

ON CAMPUS	CURRENT VIBES	IDEAL VIBES
SOUND & DISTRACTIONS		
ACTIVITY AROUND YOU		
LIGHTING & VISIBILITY		
COMFORT & SEATING		
WORK SURFACE & LAYOUT		
TOOLS & RESOURCES		

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