

Where to Study: Choosing a Study Environment

A proper study environment should provide a setting where you can engage with the material, free from distractions, and have access to any resources you may need.¹ Even though there are typical qualities a student values for a study area, every person satisfies these requirements in a different way.² These questions can help you envision your environment:

1. Is the convenience of the location more important than its quality?
2. Do you prefer a quiet environment without distractions, or do you find silence itself to be distracting?
3. What time of day is your mind most engaged? Do you need a place with late hours?
4. Do you like studying inside or outside?
5. What resources do you need? What should be avoided (cell phone, Facebook, etc.)?

Studying at Home

Research shows that students predominantly study at home.² If you are going to study at home, here are some recommendations:

- Designate a study area where you can leave your books open so that you can always re-engage in learning.
- Make sure your area is well lit, comfortable, organized, and has readily accessible resources. Leaving your phone in a different area is probably wise.³

Other Places to Study

As a study environment, the library was a close second, choice and following that were the student union and the academic support center.²

At UNCW, the following places are popular studying areas:

- Randall Library
- The Fisher student Center has several areas and rooms open for students
- The University Learning Center has labs dedicated for math and writing
- Outside is also a good idea if weather permits

In any case, alternate where you study, because research has shown studying the same subject in different environments may improve retention.⁴

¹Thomas, H. "Learning spaces, learning environments and the dis'placement' of learning. *British Journal of Educational Technology*. 41.3 (2010): 502-511. Print.

²Nixon, A. "Aligning Learning Space Design and Student Work: Research Implications for Design Processes and Elements." *Educause Quarterly*. 26 Mar 2009. Print.

³Hendry, C, and A Farley. "Essential skills for students who are returning to study." *Nursing Standard*. 21.6 (2006): 44-48. Print.

⁴Carey, B. "Forget What You Know About Good Study Habits." *New York Times* 6 Sep 2010. Print.