

## Finding the right place to study

**Your study room should be quiet, not too hot or cold.**

**Your eyes will get tired. Make sure there is plenty of light. A table lamp is great.**

**Make sure you have all the equipment you need around you before you start. Pens, pencils, highlighter, rubber, paper etc.**

**Do not study with the TV on. You will be continually distracted!**

**Some people prefer to have quiet music on in the background to help them to focus. Remember too much noise will distract you!**

**Some study can be done almost anywhere - why not take flash cards onto the bus with you?**

**Have a set place to study; you will quickly get into the right habits.**