

Making space to study



Study Space

Where?

A clear separate space designated specifically for study helps you manage your mindset and transition between social activity and study.

This can be at school (e.g. library or common room), at home (e.g. a study or desk space), or in a community space (e.g. Mosman Library has extended hours).

Where will you study?

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How?

Think about what distracts you most - family, friends, social media, music – it will be different for all of you. Remove the distraction during designated study periods. We like to put away our phones, pop on some noise cancelling headphones and ‘work offline’ so emails don’t pop up and steal our attention.

What are your biggest distractions?

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Resources

Who?

Some study activities require you to work solo so you can process information yourself, At other times it’s good to work with a friend or parent – explaining something aloud can clarify your understanding or sharing study notes can help fill in gaps in your knowledge.

Who helps you focus?

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Planning

Stick to on system & use it consistently. It should be accessible, quick and easy.

You might consider:

☐ Coloured envelope folders containing, textbooks, notes, worksheets etc. You can colour code your timetable with the same palette.

☐ Online folder systems with each topic containing class notes and links to online resources

☐ One note or other online system

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When?

Establishing a regular routine will limit the time you spend thinking about when and how to study, freeing your mind up to read, think and work. You may have commitments after school and prefer to rise early and study in the morning, or vice versa. You may have a lot to do during the week and have to spend time on the weekends catching up.

Stick to one planning system & use it consistently. It should be accessible, quick and easy: your diary, outlook calendar, term planner?

When will you study?

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Which planning system will you use?

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