



Build your study haven



1.Distance yourself from distractions

It's easy to say you won't check your phone or log in to Facebook while studying, but it's much easier to put some real distance between you and the obvious distractions.

Turn the TV off, avoid having social media sites open on other browser tabs and leave your phone in another room. Make the most of your time studying and plan regular breaks when you can catch up with the outside world. You'll feel better and learn more.

2. Is silence golden or music to your ears?



Silence is the perfect background to studying but most people can't get away from some noise. Whether it's people talking in the street or the murmur of a television downstairs, you're bound to hear the odd sound.

If you find this distracting, it can help to have some background music on to drown out everything else. As a general rule, pick something instrumental or find an app for your phone that plays background noise.



3. Be selfish

Let your family, housemates or colleagues know that you are studying and that you can't be disturbed. Close the door and bury yourself in books.

Even after a quick distraction, it can take a few minutes to regain concentration. Tell other people what time your next break is and let them know that you can chat then.

4. Luxurious learning



OK, maybe not luxurious, but certainly comfortable. Find a nice chair, make yourself a coffee and adjust the thermostat. Just remember not to relax too much. Turning the heating up and settling on the bed with your books is a sure-fire way of drifting off! Don't underestimate how important lighting is either. Trying to read in semi-darkness can cause eye strain and headaches



5. The world is your study space

Most people associate studying with their bedroom or the dining room table, but learning doesn't have to make you a recluse. You can enjoy peace and quiet, adequate lighting and a comfy chair in the garden or local park. Some people find they are at their most productive in a coffee shop with a laptop and a cappuccino. Find a place that works for you.



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