

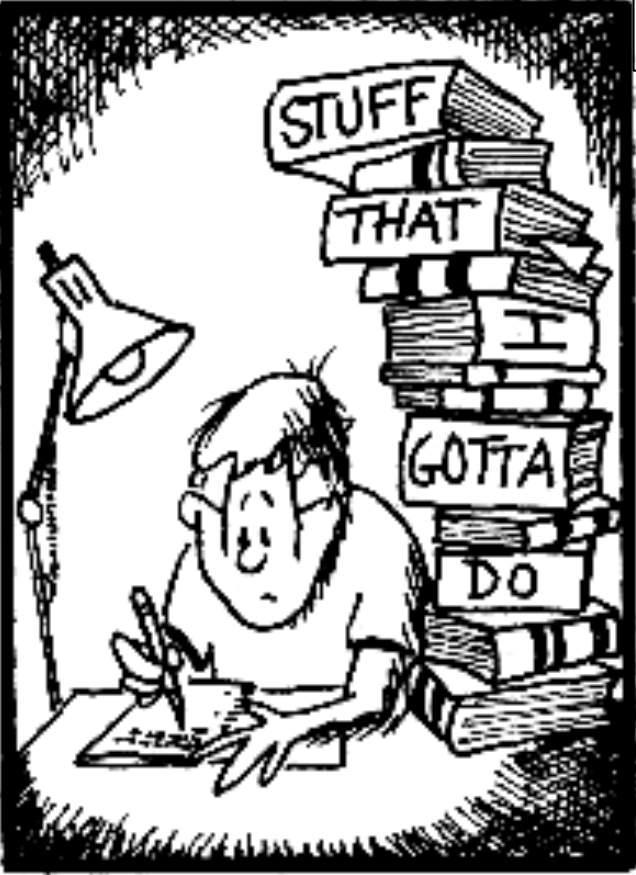
Six tips to set up your ideal study space

My own space



GOAL SETTING

- S** SPECIFIC
- M** MEASURABLE
- A** ATTAINABLE
- R** RELEVANT
- T** TIME-BOUND



Exam revision students 'should smell rosemary for memory'

By Sean Coughlan
Education correspondent

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Six tips to set up your ideal study space

1. If you are not able to get **your own room**, use a **wall divider** to separate your space from the rest of the room.
2. Have plenty of **drawers and shelves** in place so that you have adequate storage and everything you require is at arm's length and not a distraction to find.
3. Place **inspiring comments, pictures, mind-maps or visual representations of your goals** on the walls around your space. These help you keep motivated and focused on the bigger picture for all that hard work you are doing.
4. Make sure you have **good lighting**: a desk lamp or good overhead lights. Poor lighting causes eyestrain and will reduce your concentration and motivation.
5. Make sure a window is open and you are breathing deeply to keep oxygenating your brain. Bring a few plants into your study space to help **enhance the air quality**. Try burning some essential oils, such as black pepper and basil. This helps to enhance mental clarity.
6. **Music** is the next thing. As mentioned earlier, only use soft classical music to help you relax and access the other parts of your brain. Pop music with words will distract your conscious mind and break your concentration. Save that for later.

CHALLENGE



The teenage brain

What I definitely need

What I definitely don't need

Things I may need sometimes but also have to manage properly