

Home study environment checklist

This checklist will help you to consider your home study environment. Use a star to mark how you feel about different aspects of your study space. After completing the checklist reflect on what improvements you could make.



	Excellent	Ok	Needs Improvement
1. LIGHTING Natural lighting is best. A good strong bulb in your room or a bright desk lamp is essential. What is the lighting like in your study			
2. VENTILATION Fresh air and oxygen to the brain helps keep you mentally alert. What is the ventilation and air quality like in your study area?			
3. DESK Is your desk large enough? What is your working space or desk like?			
4. CHAIR The chair you use should be comfortable (but not so comfy you fall asleep! What is your chair like?			
5. MUSIC When you are trying to memorise things, quiet can be essential for some. Music can be distracting, (unless it is certain types of classical or google focus and concentration music). How effectively can you keep your study space distraction free?			
6. STORAGE Storage is essential to help you keep your notes organized and sorted. Shelves or specific drawers can help you to stay organised. What is the storage like in your room?			
7. DISPLAY It is important to keep your study area uncluttered and organized. A large pin board and a calendar, (paper or electronic) are useful. It is great to have somewhere to display your Work Rate Calendars . How organized is your study area?			
8. DISTRACTIONS How many distractions do you have in your room? TV, stereo, computer, game console, phone etc? How well do you cope with the distractions in your room?			
What changes could you make to improve your study area?			