

## Creating a Positive Study Environment and Managing Your Time

**Creating a Positive Study Environment**

A strategic location to study may improve your retention of mathematics, leading to higher grades. You may think of studying as something that you do at home only, but a study environment, such as a library, a math lab, or a study group, may work effectively for you also.

**Activity**

Complete the following survey. For each suggestion on how to study more effectively, award yourself either 0, 1, or 2 points.

- 0 points – Never true for me
- 1 point – Sometimes true for me
- 2 points – Always true for me

1. \_\_\_\_ I have a specific place that is used only for study.
2. \_\_\_\_ My study desk is placed against a wall to decrease distractions.
3. \_\_\_\_ My study desk is clear of pictures and mementos, to decrease distractions.
4. \_\_\_\_ I study in a well-lit area.
5. \_\_\_\_ I get all my materials organized before my study session starts.
6. \_\_\_\_ I set some goals for myself before I begin my study period.
7. \_\_\_\_ I do not text or answer my cell phone while I study.
8. \_\_\_\_ I do not get distracted by the Internet if I must use the computer.
9. \_\_\_\_ I try to study at times when it is quiet at home.
10. \_\_\_\_ I do not have the TV or music on, or I listen to quiet music only.
11. \_\_\_\_ I study new material first, while my brain is fresh.
12. \_\_\_\_ I take a study break when fatigue or lack of attention occurs.
13. \_\_\_\_ I give myself a reward after I have attained my study goals.

\_\_\_\_ Total Score

Compare your total score with others in your class. Do students with a higher score also get a higher grade in math class?



**Managing Your Time**

Have you ever forgotten an assignment due date? Managing your time will lead to less stress, and a healthier and happier you. The best way to manage your schedule is to use a daily planner. Another good idea is to plan to study at the same time each day. You may be a “morning person,” “afternoon person,” or “evening person.” What time of day suits you best?

***Personal Reflection***

Draw a pie chart of how you normally spend your time on a school day, from when you get up in the morning to when you go to bed.

- How much of your day do you spend doing homework or studying?
- Is this enough time for you to fully understand the lesson?

***Activity***

There are many web sites that discuss strategies for effectively managing your time when you are studying math. Browse these sites for about 20 minutes. Each student in your class should add a strategy to a large piece of chart paper. Then, each student should verbally summarize their strategy. Post the paper in the classroom for future reference.

