

Designing a Study Environment

Name: _____ Date: _____

LEARNING OBJECTIVE

Students will evaluate and redesign their study space to reduce distractions and improve focus.

MATERIALS NEEDED

- paper
- ruler
- pen or pencil
- your actual study space (a desk, table, or room)

HANDS-ON ACTIVITY

1. Go to the place where you usually do homework and list every object currently in view (books, phone, toys, snacks, etc.) on paper.
2. Circle any item on your list that could be a distraction, and put a check mark next to items that actually help you focus (like a water bottle, pencils, a lamp).
3. Using a ruler, sketch a simple 'before' diagram (a bird's-eye view) of your current study space layout, then sketch an 'after' diagram showing an improved layout with distractions removed or repositioned.
4. Physically rearrange your real study space to match your 'after' diagram as closely as possible, removing or relocating at least 2 distracting items.

QUESTIONS

1. List 2 distracting items you identified in your original study space.
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2. What 2 items did you keep because they actually help you focus, and why?
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3. Describe one specific change you made between your 'before' and 'after' diagrams.
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4. Why does removing visual distractions from a study space actually improve focus and study quality?

