

HOW TO ESTABLISH A HEALTHY LEARNING ENVIRONMENT

Below is a list of helpful tips to enable you to create a healthy learning environment:

- Remove all distractions from your place of study, for example cell phone, TV, radio, etc.

- Before you start a study session, set out everything you need: notes, textbooks, dictionary, pens, paper, and a kitchen timer or alarm clock (see the section 'Dealing with procrastination'). You can also keep a plastic bottle of water at hand if you get thirsty. This will prevent you from going to the kitchen in the middle of your study session.

- Try to make sure you are not constantly interrupted.

- Your place of study should be quiet.

- Don't surround yourself with temptations that will distract you from studying. This includes computers, games, cell phones and food.

- Make sure you have enough space at your study area.

- Make sure you have a comfortable chair that supports your back.

- You should be studying in good light.

- You need to feel comfortable in your place of study so that you are not tempted to escape and take too many breaks.