Home Study Space

The start of a new school year is a great time to check your home study space. Let’s face it—you spend a lot of time studying at home so why not take responsibility for your study space? Maybe if you’re serious and have some sound ideas you might even be able to get some new stuff to make it work for you. It’s definitely possible to make it a positive, appealing area where you feel comfortable, motivated, and productive. In fact, the right study environment can make a huge impact on your attitude as well as your grades.

As you think about your upgrading your study space, remember Dual-Planed Learning from SuperCamp and that everything speaks. Everything in your study environment sends a message to your brain that either enhances or detracts from learning. Think about clean and organized vs. cluttered chaos, light and airy vs. dim and dark, inviting and functional vs. any old place. All of these factors speak loud and clear, so it’s best to make it clean and organized, light and airy, inviting and functional.

Here are some essentials to consider in creating your ideal study space:

Location
As they say in real estate, location is everything. Find a place that’s quiet and free of distractions—so not the family room or the dining room table! For many students, it’s in their bedroom. Keeping your room clean and tidy (maybe not impeccable, but aim there!) will help you feel more organized when you study.

Furnishings
Make sure your study area has good lighting, bookshelves for reference materials and supplies, and a computer if needed. You’ll also need a desk or table big enough to hold all your stuff, and don’t forget the comfortable chair (but not so comfortable that you’ll fall asleep!). It’s important to sit upright while you study—it helps you stay alert and focused.

Supplies and Reference Materials
Don’t waste valuable study time looking for a pen! Stock up on pens, paper, and pencils, and have them all within reach, not just somewhere in your room! Make sure you have whatever reference materials you need.

Music
Brain-friendly baroque music is definitely a study aid worth trying. It’s proven to help students focus and access their most resourceful learning state. The music optimizes the functions of the brain that store and retrieve information. A few composers you might want to download are Bach, Handel, and Vivaldi. Give them a try (more than once!) and see how their music works for you. Save your favorite music for when you’re on breaks—think how much you’ll appreciate it then! (See Resources below for QL Music to Study By.)

Posters and Charts
Create your own inspiring atmosphere. Decorate your walls with positive affirmations (get creative and make some posters) and other reminders of your SuperCamp skills. You can even bring SuperCamp right into your home study area with a set of Main Room Flipchart Posters and the 8 Keys of Excellence. Remember to have an achievement area (a bulletin board would work well) for awards, papers with good grades, and lists of your accomplishments. (Look in the Our Favorite Things section for three posters you can print on card stock and hang in your upgraded study space! Also see Resources below for 8 Keys of Excellence, Affirmation Posters, and Main Room Flipchart Posters.)

Here are some ideas for those affirmation posters. Affirmations like these really do work—they remind us of our potential and prepare our subconscious mind for learning! And remember to use lots of color—our brains love color!
• I BELIEVE IN MYSELF
• EVERYTHING I DO DESERVES MY BEST EFFORT
• LEARNING IS FUN AND NATURAL
• EVERY CHALLENGE OFFERS A GIFT
• I AM UNIQUE AND VALUABLE
• I AM RESPONSIBLE FOR WHAT I CREATE
• I CAN LEARN THIS!
• EVERYONE HAS THE RESOURCES TO BE SUCCESSFUL

STUDY SPACE CHECKLIST

☐ Quiet area – no distractions
☐ Desk or table – big enough for all the stuff you need to have handy
☐ Comfortable chair to keep you resourceful – but not so comfortable you fall asleep!
☐ Bookshelves
☐ Good lighting
☐ Impeccable (?) room – to feel more organized, less stressed
☐ Brain-friendly music
☐ Supplies: pens, paper, pencils – all within reach
☐ Accessible reference material
☐ Positive affirmation posters
☐ Achievement area (bulletin board?)

RESOURCES

You might also want to consider these Quantum Learning resources for your home study area:

8 Keys of Excellence

Hang these colorful Keys on your wall to remind you of so much you learned at SuperCamp—about yourself and about life! Put them in your study area or introduce them to the whole family and put them somewhere central—like the family room?

Set of 8 Keys, 11" x 5": $14.95

www.shopql.com
Affirmation Posters

These posters are great for support and inspiration in your study area. Create some of your own that are meaningful for you or order the whole set and post the ones that are most relevant each week.
Set of 8 posters, 11” x 17” laminated: $19.95
www.shopql.com

Main Room Flipchart Posters

Recreate your SuperCamp Main Room experience at home. Posters included: Fimage, Where are you living?, Comfort Zone, 4-PartApology, OTFD, Q-Up, Quantum Reading Process, and SLANT.
Set of 10 posters, 8½” x 11”: $14.95
www.shopql.com/products/main-room-flipchart-posters

QL Music to Study By

Here’s an easy way to try out that baroque music we mentioned that’s so brain-friendly for studying! Research shows that relaxation induced by specific music played softly in the background keeps the mind alert and focused—it relaxes muscles, lowers blood pressure and slows down brain waves. The selections from Handel, Bach, Pachelbel, and Vivaldi included on these two CDs were carefully chosen to induce this optimum state.
Set of 2 CDs: $21.95
www.shopql.com/products/ql-music-to-study-by