

## Study From Home : 4 Things to Consider

Written by: Madiha Patel | November 18, 2019



The decision to study from home is a practical one; however, it can come with its own challenges. Whether you have difficulty with time management, a family to tend to, or never ending chores, a well thought out plan can be of great benefit when studying from home. Following are four things to consider to facilitate successful studying.

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## 1. Study Area

It is important to designate a study area: a space that is comfortable, stocked with your study materials, and free from distractions. Returning to the same study space will associate the space with the activity and motivate you to study.



## 2. Good Nutrition

In general, good nutrition is important all of the time, but even more so when you have an important task to tackle. Keep healthy snacks, such as fruits and nuts, available to keep your energy level up.



## 3. Time Management

You know yourself better than anyone else. To maximize your time, schedule to study at a time when you are most alert. Take regular 'stretch breaks' while studying and turn off electronics to avoid distraction.



#### 4. Well Rested

The average adult needs 7-8 hours of sleep per night. When you are well rested, your mind and body are refreshed; they are ready to process and retain new information and accomplish new challenges.

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### About the Author



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