



HOMWORK

A Restricted Work Area



Most students would benefit from the following:

- Place desk/table in an area with few distractions.
 - Have good lighting.
 - Use a chair that is conducive to good posture.
 - Keep a neat, accurate agenda.
 - Have telephone numbers of "study buddies."
 - Have a box of school supplies handy.
 - Stack work on left side with most difficult assignment on top. As work is completed, stack it on the right.
 - Check assignments off in agenda as they are completed. (Gives feeling of accomplishment.)
 - Take brief reward breaks between assignment completions and/or between major accomplishments.
 - Only use study area for academic tasks or reading. If you start to drift off or daydream, get up and take a brief walk or bathroom break.
- Train yourself that this is a restricted work area.

J. Shaulis, 2003, Rev. 2009 "Study Chair"

