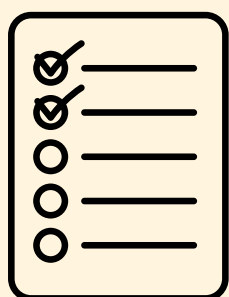


HOW TO STUDY IN CROWDED AND NOISY CONDITIONS

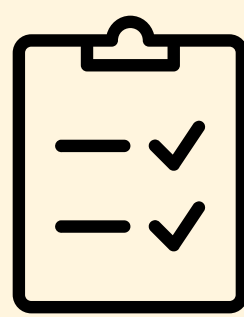
15 Strategies and Tips for Students of All Ages



Become organized with your time and pre-plan. Figure out what work you can do that requires you to focus and concentrate the most heavily. Then, find the quietest place in the house, such as the bathroom, garage, or even car, to spend 15 to 30 minutes doing this type of studying.



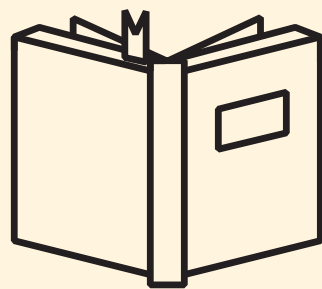
Organize your backpack effectively so you can have all your study materials with you. If you need to make a quick move to another work area for a few hours where it's quieter and distraction-free, you'll have everything with you to get up and go!



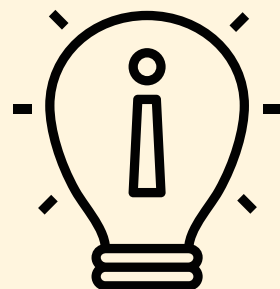
Tell people around you when you have a major test coming up so they can reduce distractions, as much as possible, the evening before. It would help if you had careful planning and time management to know when you need to have the time and space to focus and concentrate before approaching friends and family members with whom you live.



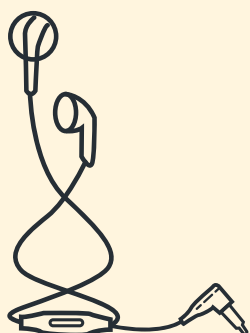
Try to get as much work done at school before getting home if you have a quieter area to concentrate on at school than you do at home.



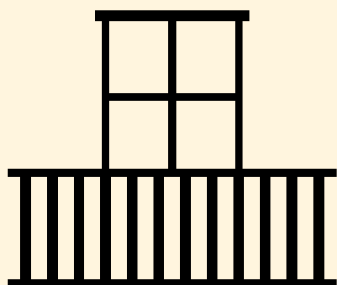
Talk to teachers and professors about the possibility of studying quietly in their rooms during lunch breaks. Make sure they understand you need a tranquil place to explore and learn without any distractions.



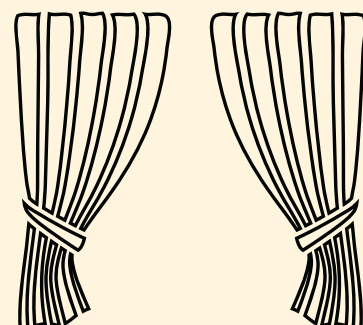
Start with baby steps. Train your brain to focus, even when there is noise all around you. Concentrate in short increments. Learn to block out the noise and focus on your work for 3-minute, then 5-minute increments. You can set a timer to train yourself to focus for small periods of time slowly.



Use earplugs to numb out the noise or listen to music with your earbuds while studying. Earplugs can help reduce noise. These are sometimes known as noise-canceling headphones. Listening to music that helps you concentrate is another option.



Study outside if you have a balcony, a patio, or any outdoor space available. You can even ask a neighbor, or family member, to open his or her car doors for you so you can study inside the car for about an hour or so in a quiet, distraction-free environment.



If possible, make a small barrier around you wherever you are studying using curtains, shields, or even large pieces of cardboard. Your enclosure will help remind everyone that you will not be interrupted in your tiny corner or area for maximum concentration. Once you finish studying, you can remove and put away these items.

Get the books and study materials close to your face so you can try to ignore the other activity happening around you. You can even put a shield around your space to block out everything happening while you are trying to study.



Wake up early in the morning when everyone else is asleep. Use this time to study. Use a small amount of light not to distract others while they are sleeping and you are awake.

If you must focus hard studying a night or two before a major exam, ask to be taken to a family member's home where it's quieter.

Be flexible with when and where you study and do homework. You may never know when the house or your living environment will be distraction-free to take advantage of learning. Be as organized and efficient as possible to have your study materials on hand. Pull them out and use them as soon as it's quiet enough to focus!



Do not procrastinate on the work that needs completing. If you procrastinate, you might end up not being able to complete an assignment in the best manner possible due to noisy or crowded conditions surrounding you the night before. Every time you find yourself with peace, and quiet, get to work! Get as much done as possible before the noise and bustle get you distracted.