

# *Your Study Space*

An illustration of a study desk setup. On the left, a desk holds a computer monitor, a keyboard, and a mug of coffee. Above the desk is a shelf with several books and a calendar hanging on the wall. To the right of the desk is a tall, narrow storage unit with four drawers. A laptop sits on top of this unit. Four black arrows point from the text boxes on the right to specific items: one points to the books on the shelf, one points to the calendar, one points to the mug on the desk, and one points to the storage unit.

**HAVE YOUR SUPPLIES AND RESOURCES READILY AVAILABLE - THIS INCLUDES HEADPHONES, BOOKS, PENS, PENCILS, CHARGERS, ETC.**

**KEEP A VISIBLE CALENDAR AT YOUR WORKSPACE WITH IMPORTANT TIMES AND DATES**

**HEALTHY SNACKS AND DRINKS AT YOUR DESK CAN KEEP YOU FOCUSED AND HYDRATED**

**IF POSSIBLE, SET UP A WORK STATION THAT IS OUTSIDE OF YOUR BEDROOM - THIS CREATES BETTER SLEEP AND STUDY HABITS**