Concentration

You will be doing a lot of independent studying. Some of this time might be in the university library, or a workstation room, where you will be surrounded by other people, probably studying other subjects: some will be in your own room and probably alone.

Think about these general topics:

a. Managing the surroundings
b. The room where you study
c. Routine
d. Pacing

a. Managing the surroundings

The university has lots of study space: choose the type that is right for you.

- Do you like to have other people around, or prefer your own space?
- Do you need the surroundings to be mousey-quiet, or do you like background sounds?
- Does music help you to concentrate? Some types of music will suit you better than others, so make sure that the genre that helps you is loaded on your phone or tablet, and that you have good earphones so you won't disturb others
- If any kind of noise is a distraction, earplugs may help!

If you're sharing accommodation, and like quiet, arrange times when fewer people will be in the house. This is especially important if you are an auditory learner.

- If music helps you, get organised, as above - and be considerate of housemates!

Do what helps you concentrate.
b. The room where you study

It's worth making your room a place in which you find it easy to study.

- Avoid facing an interesting view. This is especially important if you are a visual learner.
- Make sure you have good lighting.
- Work at a table or desk where you can lay out your books and papers.
- Choose a chair that gives you proper support. Lounging in an armchair is not a good idea.
- Set up your computer/tablet so your eyes are on a level with the screen
- Make sure the environment is comfortable, not too hot or too cold.

c. Routine

You will have a lot of freedom about how you spend your time. On the days when you don't have early lectures or classes, make it easy for yourself to get down to study by treating it as a job with set hours when you do it.

You will know if you're someone who works best in the mornings or late in the evenings. Whichever part of the day suits you, be disciplined about when you do your studying.

d. Pacing

Set yourself goals for each study period. Make the goals ones which you can achieve. And reward yourself when you have.

Keep a reminder pad by you when you're studying so you can jot down ideas which could otherwise distract you, like phone calls you need to make, things you need to buy, and so on.

Stop at intervals to move around and give your eyes and brain a rest. This is especially important if you are an active learner.