

How can different study environments affect your focus and efficiency?



“ ...I'm currently [in a study room] in South Ken with a coffee... it's a perfect space because, for me, the library wouldn't work as we're always talking... this [study] room means that we can do what we need to do... [also] I tend to get distracted at the campus I'm usually based in because I end up seeing everybody there. You've got to travel in [to South Ken], so if you see people it's more of a hi-bye situation and back to your study room... ”

Yafir, Y5 Medicine

“ ...in my dorm room it's like no-one is there, it's just very lonely... [in] the library, as much as I'm also just alone, usually with my headphones, I feel like it's a more stimulating environment and I feel like it boosts productivity to work around other people who are working as well... that was a huge change [from school] for me. ”

Anine, Y1 Life Sciences

**What works for one person
may not work for another.
Find what suits you best!**




