9 Tips to building a good study spot

Make sure all of the materials you need are there (books, pencils, papers, rulers, etc)

Distraction free is a must. No TVs, phones or devices allowed, unless they are being used for homework. Distraction free from other family members is important as well to maintain focus.

If you need some background noise, include a small fan or a white noise machine. Classical music has also been shown to provide good background noise in a study environment.

Make sure you have a good chair and solid writing space.

Keep the area picked up and free from other distracting materials.

Clocks are great to add to your study area if you track reading time, etc. Clocks are a much better alternative to a phone.

Have the area well lit, natural light is bonus!

If possible, you want to use this space only for studying.