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Welcome

Successful Study Spaces





Why is this important?

Memory has three stages. The ability to

Encode - process of internalising the information

Store

Recall

Oh, where did I put
my car keys?



Encoding Specificity Principle

Matching the encoding contexts of information at recall assists in the retrieval phase of memories.

Content - Dependent Memory

The improved recall of information when the context present at encoding and retrieval are the same.

The encoding specificity principle is key to this concept.

Content - Dependent Forgetting

Misplace our keys

Not recognising someone outside of work

Go for a file at work but when you arrive you forget what you need

Content - Dependent Recall

The flood of memories when returning to a place we used to live

Key Link

Physical Environment

This link could be created or relived in our mind

Our lives are compartmentalised via environments:

work, home, office, shops, starbucks, doctors etc.

We build relationships and knowledge based on these non-verbal cues.

Study Space

Look to recreate the environment where the recall will happen

Are we going to take an exam?

A presentation?

Will it be quiet or noisy?

Study Space

Get in the habit of using spaces as they are designed

Remove distractions

Organise

Have easy access to things you need

Study Space

Lighting

Noise

Temperature

Clock

Phone

Plants

Breaks

Macro break - weekends, public holidays, vacations.

These must be clearly separated from work if it is to serve its purpose of re-energising.

Micro break - Can be as short as 2 min stretch or longer 'short' breaks between working blocks.

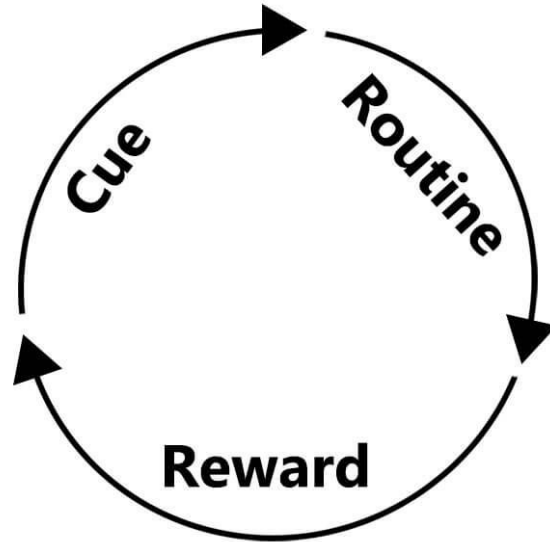
Vital the working environment does not misguide micro breaks into procrastination.

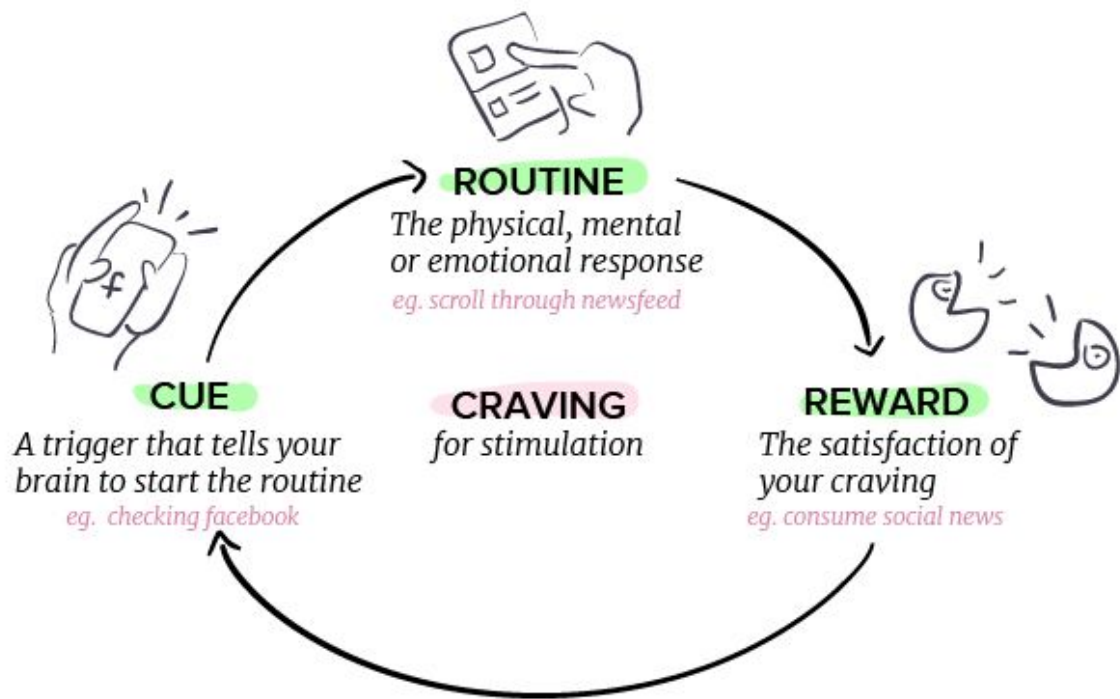
Power of habits

Effective creation and use of study spaces requires practise

Changing habits is not a simple process

The Habit Loop





Beyond environmental needs

State - dependent Learning

Your physical and mental state can play just as a significant role in memory as physical environment.

You must approach your study with the right mindset that will be replicated in recall.

Maslow's Hierarchy of Needs

Lower levels are deficiency needs. Without them we cannot progress into the more powerful states of motivation



Higher levels are the realisation of a person's potential. Intrinsically motivated for personal growth



Further reading

Maslow's Hierarchy of Needs

<https://www.simplypsychology.org/maslow.html>

The Habit Loop (a framework to break the loop)

<https://charlesduhigg.com/how-habits-work/>