

NOT MYSPACE, BUT MY SPACE

Remember **Myspace**, that one website you've probably never heard of? No, we didn't think so. You're too young. Almost no-one goes there now, but you're going to need to **turn space into my space**.

Learn why it's essential to **get yourself set up for learning**, and some tips for **making anywhere in your house into your own learning space**. Except maybe the laundry.

WHAT YOU WILL LEARN

- Fast and slow thinking
- Organising your learning space
- Minimising distractions
- Setting boundaries
- How your environment affects your learning



Thinking fast, thinking slow.

Lots of people say they can **learn anywhere**. On the tram, on the train, on the beach, while kitesurfing. Well, maybe not that last one. That would be weird.

And maybe some people can, but most people will learn much better when they **have their own space to learn**. Why? Because it's about helping you to **focus**.

A heap of academic professors tell us that you have two systems in your brain: **fast** and **slow**.

The **fast** bit of your brain is the one that makes you spin your head when you hear your name, or squeal when you see a spider. Or lizard. Or whatever your OmiGod-Most-Scary-Creature is. The fast bit is **the always on** bit of your brain. You can't turn it off, and you mostly have no control over what it does.

The **slow** bit of your brain is the one that makes decisions. This cute pair of shoes, or that one. A *venti caramel frappuccino with extra caramel and extra whipped cream*, or a long black. The slow bit of your brain also takes care of **learning**. It helps you understand stuff, store it away and get it back when you need it.

Slow is how **we think** we think all of the time. But like most things to do with our brains, **we are wrong**.

The slow bit of your brain only pays attention to what the fast bit tells it to. The fast bit is like that one annoying friend saying, **Look at this! Cute! DO WANT! Dude!**

So, we need to **manage the fast bit of our brain** so it doesn't get in the way. We'll find out about some cool ways to do this later when we learn about **mindfulness**. Still, for now, one simple thing you can do is to create a **distraction-free space** where your fast brain doesn't have anything to do. Meaning you can **get down to some learning**.

You'll learn faster and better and become totally rich and successful. Well, maybe not, but you'll do better in tests.

Your learning space doesn't have to be big. It doesn't have to be fancy. But it does have to be **all yours**. If you're lucky enough to have your own study, **BOOM**. Good job. But read on, because some of these simple tips might **make your study a superstudy**.

TIP 1: BE ALL CAT

It may not be front page mews to you, but your adorable kitty knows stuff you don't know about marking her territory.

Your purry precious has scent glands on her head, lip, chin, and tail and paws, and when she rubs these parts of her body on things (including you) what she's doing is saying **YOU ARE MINE, HUMAN.**

Just like kitty, you too need to **mark your territory.**

That might be setting aside a desk, or the end of a desk, **with all of your stuff on it.** Or it might be writing your name in big letters with the words **MATILDA'S STUDY ROOM** and sticking it on the door. However you do it, it will remind people that what you are doing is studying.

It means your annoying lovely family members will remember **that this is what you are doing when you are in your learning space** and think twice about disturbing you.

TIP 2: IT'S A MASSIVE TURN-OFF

Remember your fast brain? It loves nothing more than stuff to do.

So when you are in your study space **PUT AWAY AND TURN OFF ANYTHING YOU DONT NEED.** We put that in capitals because it's super important. It's one of the most important study tips.

You can't learn when your fast brain is all like **Look at THAT! PewDiPie! Kylie Jenner! What is she wearing?? Gross! Ugh! No way!**

So, **give your slow brain the space it needs to work** by turning off devices, closing webpages, TV off, no Netflix, no YouTube.



We say **be all cat** for a better way to learn.

TIP 3: STAY FROSTY

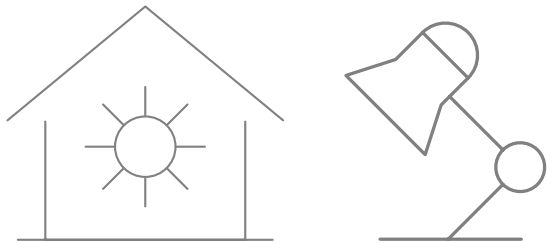
Because science, it turns out that **there's an ideal temperature** for your learning space.

It's because the tiny elves in your brain-cabinet who carry the knowledge-buckets of think-soup wear Uggs and don't like it when it's hot and so they go on strike. Well maybe not, we're not brain scientists, but it's not far from the truth.

Too hot or too cold distracts you. Remember that your fast brain likes nothing better to think ***I'm cold. Where's my hoodie. I need a new hoodie. Maybe a pink one. Wait no. Let's go to Target.*** Too hot makes the same thing happen.

So take our top temperature tip and get your learning space temperature at a **lovely 22-25C**.

It will **make your brain all learny**.



TIP 4: LET THERE BE LIGHT

There have been lots of studies that look at the effects on the light given out by smartphones and why it's **VERY BAD**. It melts your eyes and causes your brain to swell to the size of a pumpkin and leak out of your nose. Or something. Gross. (In fact, the kind of blue light that mobile phones give out can affect your sleep patterns. This is why no phone before bed is a good idea- or at least turn on the setting that changes the colour in the evening).

Light colour matters to your learning space too. Some studies suggest that you are **more creative when light is a warmer colour**, and you can **concentrate better when the light is a cooler colour**.

But no two people are the same, so **experiment if you can**. If you have a window, try studying in natural light. If you have one of those fancy-schmancy home lighting systems, try changing the colour. Or you can buy different colours of bulbs for a few dollars (Warm White, Cool White) or you can try just dimming the light.

Whatever you do, it all adds to **making your learning space a place where you do the best learning you can**.



Understood this? Have you **got a plan for setting up your learning space?** Got your **devices sorted out? Marked your territory?**

Got the right **temperature** and the **lighting** all good?

CONGRATULATIONS!
YOU HAVE LEVELLED UP!

LEVEL UP!