

will be disciplines on this line. At all costs, one should avoid artificial stimulants intended to keep one awake or make one feel "high". Such practices usually become addictive and do not allow the student's normal physical abilities to develop for effective day by day work.

### --Environment

One may not be able to control this completely but one should seek an environment with minimal distractions and maximum advantage for the study period. The things one can control --television, radio, etc., should, for the most part, be turned off. Some students find music an advantage but this is true only if it is the sort of music to which they are not inclined to participate. If the music leads the student to think of singing or playing in accompaniment, the participation in the music detracts from the ability to concentrate on study. The idea in environment control is to have nothing distracting interfere with the intention. If one has a family it is more difficult to control this point. (No, don't give up your family for study, just learn better how to manage things.) Control of temperature, humidity, light, etc., are all very important and attention should be given to such things. Comfort is also important but must not be the dominant factor. The removal of distractions is perhaps the most vital thing.

## 2. Academic Factors

- Reading skill
- memory methods
- helpful disciplines
- notes and records