

# Learning and environmental factors education essay

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Abstract  
Having the proper environment is essential in a students' ability to learn. Various factors come into to play to create the correct environment, and even these can vary from one student to another. Starting with the home environment to the classroom and even to include the body and mind, these are all important to create the stable and healthy learning environment that a student needs. Many of life lessons and skills are taught at home. It is where a student learns and develops the basics needed for school. Hill (2010) states: " the home environment provides the foundation for learning and is an element of the student's life that can affect grades." This varies for an adult student who has more important responsibilities, to include children, jobs and attending school. For an adult student it becomes a balancing act, and a difficult one at that. There are simple ways to help an adult student, to include having everything kept in order and creating a schedule of homework and daily tasks. The home is where the majority of assignments and studying for adults take place, especially when enrolled in an online school. Having a quiet space to study and complete school work is important. A study on 25 participants's found that serial recall was better achieved in a quiet environment versus liked and disliked music, Perham, N.: Vizard, J (2011). The study had the students complete serial recall in quiet, liked and disliked music conditions. This is especially interesting when overwhelmingly students prefer to study with liked music; some even say that it helps them study. Having a quiet place to study at home with family can prove to be hard, but the study shows the importance of having that space. The home is where the student builds the foundation for learning, the classroom is where

that student is able to further build on that foundation; and having a positive school environment is just as important. Whether it be in an online or physical classroom, having the safe and positive atmosphere is just as important. Freiberg (1999) stresses the importance of the school environment: School climate is the heart and soul of a school. It is about that essence of a school that leads a child, a teacher, an administrator, a staff member to love the school and to look forward to being there each school day. School Climate is about that quality of a school that helps each individual feel personal worth, dignity and importance, while simultaneously helping create a sense of belonging to something beyond ourselves. (p. 11) Students need to feel safe and welcomed in their classroom. Freiberg (1999) stresses the importance between positive environment and learning: Learning environment was found to be consistently and strongly associated with achievement and affective outcomes; with better achievement on a variety of outcome measures occurring in classes perceived as having greater cohesiveness, satisfaction and goal direction; and less disorganization and friction. (p. 67) In adult learning, it is the responsibility of the students as well as the teacher to create the proper learning environment, whether it is in the traditional or online classroom. This directly correlates to an adults learning environment at home, which they are in control of, even at times it may not seem to be that way. The importance of a student surrounding themselves around positive reinforcing energy of their peers, family and friends; is fundamental in the learning process. Not only is it important to have a healthy home and classroom environment; it is equally important to have a healthy body and mind. The human body requires many

forms of nutrients, from food and water to care and compassion. Studies have shown the importance of having a quiet and healthy learning environment promote growth. However, having a healthy body and quiet mind are even more important. It starts with what the student eats and how they control life around them. " Diet, exercise and sleep have the potential to alter our brain health and mental function. This raises the exciting possibility that changes in diet are a viable strategy for enhancing cognitive abilities..." Fernando Gómez-Pinilla, (Good Diet, Exercise Keep Brain Healthy 2008).

There are many food sources that are more beneficial than others. Omega 3 fatty-acids have shown beneficial to adult and children, improving in areas such as memory, reading and spelling. They have also help defend the brain from various mental health concerns, including dyslexia, attention-deficit disorder, and dementia (Good Diet, Exercise Keep Brain Healthy 2008). Along with nutrition exercise is equally important. Exercise is a great stress reliever as well as a way to work out the brain. Concerning a student, environment means many different things, all being equally important. Learning is an ever changing process for everyone, and each being uniquely different for each student. It requires a strong foundation which starts when a student is a child at home. Parents need to be supportive, constructive and set out clear goals and instructions for a young student to follow. Identifying bad study habits are important as well. Students need to realize what might be more enjoyable may not be beneficial, such as listening to music when studying. Having the space to study and accomplish tasks quietly is important for a student to succeed in life. Students of all ages need to surround themselves

with positive energy, and seek support of others. The importance of having a healthy mind and body will be essential in a student's ability to learn.