

When I am composing an essay or any other kind of academic work, I like to be comfortable so that I can get the maximum amount of work done. I have several preferences for a writing environment. I go in my room and sit at my desk so my spine is straight so I don't induce a neck ache, I also prefer to be in my pajamas because I find it too confining to be in tight pants. I like to have music on if there is too much background noise or distractions, such as a roommate reading out loud or on the phone. I prefer to listen to Kenny Chesney or The Beach Boys because it's relaxing. If I listen to other types of music I like such as Van Halen or other types of rock, I get too into listening to the song, or the guitar solo and get no work done. I've been working before and been tempted to pick up my electric guitar and procrastinate because I was inspired by a song. Before I begin working I like to have a snack so I don't get hungry. I'm hypoglycemic which means when my blood sugar drops I feel weak, and even get headaches sometimes; so it is essential to be hydrate and have eaten. I get a lot done if I have motivation such as a fun activity to do once the work is done. My favorite show is late night with Jimmy Fallon, but because I have class I can't stay up past 12:30 and watch, so I watch it online when my homework is done so that's my reward. Sometimes I will put a blanket over my legs if I'm wearing pajama shorts because it's comfortable, and it induces a relaxing environment as if I were in bed, and also I don't have to waste time getting up and adjusting the thermostat.