

# EVALUATING YOUR STUDY LOCATIONS + ENVIRONMENTS

List your top 3 study locations:

1

2

3

1. Other people often interrupt me when I study here.
2. Much of what I see here reminds me of things that are not related to studying.
3. I can often hear music, TV, etc. when I study here.
4. I can often hear the phone ringing when I study here.
5. I can often hear others “goofing off” when I study here.
6. I take too many breaks when I study here.
7. I am especially bothered by distractions when I study here.
8. I usually don’t study here at a regular time each day.
9. My breaks tend to be long when I study here.
10. I start conversations with others when I study here.
11. The temperature at this place is not very good for studying.
12. Chair, table, lighting arrangements are not very good for studying.
13. I feel so comfortable studying here, I doze off or lose concentration.
14. I don’t enjoy studying at this place.

	1	2	3
1	T F	T F	T F
2	T F	T F	T F
3	T F	T F	T F
4	T F	T F	T F
5	T F	T F	T F
6	T F	T F	T F
7	T F	T F	T F
8	T F	T F	T F
9	T F	T F	T F
10	T F	T F	T F
11	T F	T F	T F
12	T F	T F	T F
13	T F	T F	T F
14	T F	T F	T F
	SCORE TOTALS:	SCORE TOTALS:	SCORE TOTALS:

**SCORE TOTALS:** The column with the most “true” responses is your place with the most distractions. You should plan to study at the place with the most “false” responses.

**SCORE TOTALS:**