

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:

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: