

STUDY AREA ANALYSIS

List 3 places where you usually study in the order you use them the most:

A) _____ B) _____ C) _____

Now reflect on each question for each of your study spaces.

	Place A		Place B		Place C	
	T	F	T	F	T	F
1. Other people often interrupt me when I study here.						
2. Much of what I can see here gets me thinking about things that don't have anything to do with studying.						
3. I am often distracted by the TV or radio when I study here.						
4. I think I take too many breaks when I study here.						
5. I tend to get into conversations with people when I study here.						
6. I spend time on the phone, text-messaging, or on the internet when I'm here that I should be using for studying.						
7. My breaks tend to be too long when I study here.						
8. The temperature conditions are too warm/cold here for studying.						
9. The chair, table and lighting arrangements here are unsuitable for studying.						
10. I tend to feel sleepy or unable to focus/concentrate when I study here.						
11. I often feel anxious when I study here.						
TOTAL NUMBER OF CIRCLES						

The column that has the most "false" circles may be the least distracting place to study. Try to plan your day so that you do as much of your academic work as you can here.

But remember, this study space may not work for all types of studying. Working on an essay or lab report, doing reading, and preparing for an exam are very different types of studying and you may find that different study spots are better suited for particular types of work.

