

Evaluate study Locations

List three places where you study.

1. _____ 2. _____ 3. _____

Indicate whether each statement below is true or false for each of your study locations.

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

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Adapted from Nataupsky, Huelf, Bermudez. *The USAF Academy How-To-Study Program: A Handbook for Volunteer Counselors*, 2nd Edition. (FJSRL Technical Report 80-0016, July 1980) p. 37 and Thomas M. Sherman, *Proven Strategies for Successful Learning*, Merrill Publishing Company 1984