

**LIST THREE PLACES WHERE YOU STUDY:**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

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

STUDY PLACES →	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
<b>TOTALS</b>			

*The column with the most "true" responses is your place with the most distractions. Try to plan to study at the place with the most "false" responses!*

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.

**EVALUATE YOUR STUDY PLACES**

**STAY PRODUCTIVE**

