

Your Ability to Concentrate . . .

1. Do you study in the same place most of the time?
2. What kind of chair/table do you use?
3. What supplies do you have near you when you study?
4. What kind of lighting is in the room where you study?
5. Is your study place noisy?
6. Do you study with music or TV?
7. Are you indecisive about when to study and what to study?
8. Do you daydream while you study?
9. Do personal problems creep into your study time?
10. Do you lose concentration because something in the course bothers you?
11. Can you stick with your plans for study hours?
12. Do you look forward to studying?
13. Do your thoughts shift outside the material?
14. Do you catch yourself looking up because of minor distractions?
15. Are you aware of the number of times your concentration is broken?
16. Do you get hunger pains when you study?
17. Do you eat balanced meals?
18. What do you usually eat for breakfast?
19. Do you snack on candy for energy?
20. Does your sleep pattern change frequently?
21. Do you fight sleepiness when you study?
22. What kind of exercise do you do regularly?
23. Do you feel tired before its quitting time?
24. Do you study with a pencil in your hand?