Evaluate Study Locations

List three places where you study.

1	2	3					
Indicate whether ea	ch statement below is true or false for each of your	study l	location	ıs.			
1. Other people often interrupt me when I study here		1.		2.		3.	
		Т	F	Т	F	Т	F
2. Much of what I se	ee here reminds me not studying	Т	F	т	F	Т	F
3. I can often notice	music, TV, etc. when I study here	Т	F	Т	F	Т	F
4. I can often hear t	he phone ringing when I study here	Т	F	т	F	Т	F
5. I can often hear of	others "fooling around" when I study here	Т	F	т	F	Т	F
6. I take many breal	ks when I study here	Т	F	Т	F	Т	F
7. I am bothered by	distractions when I study here	Т	F	Т	F	Т	F
8. I can't study here	at a regular time each day	Т	F	т	F	Т	F
9. My breaks tend to be long when I study here		Т	F	т	F	Т	F
10. I start conversat	ions with others when I study here	Т	F	Т	F	Т	F
11. The temperature	e at this place is uncomfortable	Т	F	Т	F	Т	F
12. Chair, table, ligh	nting arrangements are not very good for studying	Т	F	Т	F	Т	F
13. I feel so comfort	table studying here; I doze off or lose concentration	Т	F	Т	F	Т	F
14. I don't enjoy stu	dying at this place	Т	F	Т	F	Т	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

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