

## STUDY DISTRACTIONS ANALYSIS

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

A. \_\_\_\_\_ B. \_\_\_\_\_ C. \_\_\_\_\_

Now check the column that applies to each of these places. (T=true, F=false)

	<u>Place A</u>	<u>Place B</u>	<u>Place C</u>
	T F	T F	T F
1. Other people often interrupt me when I study here.	T F	T F	T F
2. Much of what I can see here reminds me of things that don't have anything to do with studying.	T F	T F	T F
3. I can often hear radio or TV when 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 think I take too many breaks when I study here.	T F	T F	T F
6. I seem to be especially bothered by distractions here.	T F	T F	T F
7. I usually don't study here at a regular time each week.	T F	T F	T F
8. My breaks tend to be too long when I study here.	T F	T F	T F
9. I tend to start conversations with people when I study here.	T F	T F	T F
10. I spend time on the phone here that I should be using for study.	T F	T F	T F
11. There are many things here that don't have anything to do with study or schoolwork.	T F	T F	T F
12. Temperature conditions here are not very good for studying.	T F	T F	T F
13. Chair, table, and lighting arrangements here are not very helpful for studying.	T F	T F	T F
14. When I study here, I am often distracted by people watching.	T F	T F	T F

Now total the checks in each column. The column which has the most "true" checks may be the poorest place to study. Use the back of this sheet to design improvements in your study area.

Source: Raygor and Wark, *Systems for Study*.

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