

## STUDY DISTRACTIONS ANALYSIS

List 3 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>	
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 the phone ringing when I study here.	T	F	T	F	T	F
4. I can often hear radio or TV when I study here.	T	F	T	F	T	F
5. 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 are 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 studying.	T	F	T	F	T	F
11. There are many things here that don't have anything to do with studying or schoolwork.	T	F	T	F	T	F
12. The temperature here is not 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 with the most "true" checks is probably the poorest place to study.

From Raygor and Wark, *Systems of Study*  
Rev 08/12/99