



# Find Your Best Study Area

Distractions can keep a student from being able to study and learn effectively. However, distractions depend upon the individual. Some students can think well in a loud and crowded room. Other students need solitude and quiet in order to learn best. Studies show that the human mind works best when it has the fewest distractions. How well you study can relate directly to where you study. Evaluate your study areas to find the one that's best for you.

**Instructions:** Read the statements in the first column and write **T** for True or **F** for False. The column with the greatest number of True answers is your most distracting study area. The column with the most False answers is your best study area.

	Study Area 1	Study Area 2	Study Area 3	Study Area 4
	Living Room	Bedroom	At College	Cafe
	T or F	T or F	T or F	T or F
People are frequently interrupting me when I study here.				
The chair I study in here is too comfortable and I get drowsy.				
The chair I study in here is too uncomfortable and I can't relax.				
It is either too hot or too cold in this study area.				
The table I study at is always cluttered.				
The lighting here is usually not appropriate for reading.				
I am often detracted by people in this study area.				
I can often hear or join conversations that interest me when I study here.				
I can often hear a TV or radio when I study here.				
The phone rings a lot when I study here.				
I probably take too many breaks or very long breaks when I study here.				
I don't study at a regular time each week in this area.				
It seems like I am especially bothered by distractions here.				
I have trouble getting started studying here.				
<b>Number of times T was circled:</b>				