

Study Distractions Analysis

Concentration is the number one problem for many students. Frequently the problem is finding space or a place to study where there are no external distractions. External distractions are those, which originate outside the body. Telephone calls, visitors, noises, are examples. Concentration may be difficult when there are too many distractions present. This checklist will help you analyze distractions in the places where you study.

List the three places where you usually study in order of preference:

A. _____ B. _____ C. _____

Now read each sentence below. Indicate true or false, according to the place, by placing a T or F in the spaces provided.

	A	B	C
Other people often interrupt me when I study here.			
I can often hear radio or TV when I study here.			
I can often hear the phone ringing when I study here.			
I think I take too many breaks when I study here.			
I seem to be especially bothered by distractions here.			
I usually don't study here at a regular time each week.			
My breaks tend to be long when I study here.			
I tend to start conversations with people when I study here.			
I spend time on the phone when I should be studying here.			
Temperature conditions are not very good for studying here.			
Chair, table and lighting arrangements are not very good for studying here.			
When I study here, "people watching" often distracts me.			
When I study here, people seem to think they can ask me to stop studying to help them do something.			
I don't enjoy studying here.			
Totals:			

Now total the answers in each column.

The column with the most false answers may be the least distracting place for you to study.