

STUDY DISTRACTION ANALYSIS

Concentration can be a big problem for students. Frequently, the problem is one of finding a place to study where there are no external distractions, such as telephone calls, visitors, and noises. Concentration may be difficult when such distractions are present or frequent. This checklist is meant to help you analyze distractions in the places you study.

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

A: _____ B: _____ C: _____

Now check the column that applies to each of these places: T for True, F for 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 radio or TV when I study here.	T F	T F	T F
4. I think I take too many breaks when I study here.	T F	T F	T F
5. I can often hear the phone ringing 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 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 more time on the phone here than I should be using for study.	T F	T F	T F
11. Temperature conditions here are not very good for study.	T F	T F	T F
12. Chair, table and lighting arrangements here are not very helpful for studying.	T F	T F	T F
13. When I study here I often am distracted by certain individuals.	T F	T F	T F

14. I don't enjoy studying here

T F T F T F

Now, total the checks in each column. The column which has the most "false" check may be the least distracting place to study. Try to plan your day so that you do as much of your work there as you can.