

STUDY SKILLS

Distraction Worksheet

1. To help locate a suitable study area, fill out this Distraction Analysis Worksheet. For each of the three locations you list, put a check mark in the column if the numbered statement is true for that location. The location for which there are the least checks probably will have the fewest distractions.

Location A: Living Room

Location B: Study Room

Location C: BedRoom

| | Locations | | |
|--|-----------|---|---|
| | A | B | C |
| 1. Other people frequently disturb me when I study here. | X | | X |
| 2. I take too many breaks when I study here. | X | | |
| 3. I seem to be especially bothered by distractions here. (T.V., stereo, etc.) | X | | |
| 4. My breaks tend to be too long when I study here. | X | | X |
| 5. I tend to start conversations with people when I study here. | X | | X |
| 6. I spend time on the phone here that I should be using for study. | | | |
| 7. Temperature conditions here are not very good for studying. | X | X | |
| 8. Chair, table and lighting arrangements here are not very helpful for studying. | | | X |
| 9. When I study here, I am often distracted by certain individuals. (i.e. people watching) | X | | X |
| 10. I am often reminded of things that have little to do with studying. | X | | X |
| 11. I often find that needed study materials are elsewhere. | | X | X |
| 12. There is a general commotion when I study in this area. | | | |
| 13. There are decorations on the wall in front of this study area. | | | |
| 14. The desk or study area is cluttered with unnecessary objects. | X | | X |
| TOTALS | 9 | 2 | 7 |

2. After using the DISTRACTION ANALYSIS sheet, describe the most suitable location for your study. What are its good and bad characteristics?

Obviously, the study room was a good choice. I like it, it's not often preoccupied, but I must bring everything, and I am often looking to distract myself while working, but that shouldn't be the case. All in all, it provides a quiet place where I can focus for extended periods of time on the work I need to do.

3. What can you do to improve your study environment?

To improve this environment, bring some water or a cup. There is a sink and bathroom provided. I also should probably double check I have everything I need before I begin the week. Also having my medication might help.