

Working from Home - Common Distractions

(Disclaimer: This survey is for study purposes only. Respondents are anonymous and your responses will be treated confidentially)

Hi, Zachary. When you submit this form, the owner will see your name and email address.

* Required

1. What is your Service Line? *

JDU-SSS



2. How many hours are you able to focus on work before you need to take a short break? *

Depends on the task, average is about 2 hours.

3. How many hours of sleep in average do you have every night? *

5

4. Do you prefer working while listening to music or in complete silence? *

With Music



5. Do you live alone? *

No



6. If no, how many people do you live with? *

3

7. Do you have your own room in your home that you work in? *

☒ Yes

☐ No

8. From 1 to 5 how stressed are you? (1 is not stressed, 5 is extremely stressed) *

☐ 1

☐ 2

☒ 3

☐ 4

☐ 5

9. From 1 to 5 how easily do you get distracted (1 is easily distracted 5 is not easily distracted) *

☐ 1

☐ 2

☒ 3

☐ 4

☐ 5

10. From 1 to 5 how noisy is your workspace at home? (1 is silent, 5 is noisy) *

☒ 1

☐ 2

☐ 3

☐ 4

☐ 5

11. From 1 to 5 how often do people walk around your workspace? (1 is not that often, 5 is often) *

☒ 1

☐ 2

☐ 3

☐ 4

☐ 5

12. What are the common distractions while on telework? *

Package Delivery

13. What do you consider to be the greatest distraction while on telework? *

Unimportant Emails and duplicates,

14. Suggestions on how to decrease/eliminate distractions at work. *

At work? reduce repetitive emails, sometimes I received same email semi-monthly like the Difference between LinkedIn and LinkedIn learning email. Consider first if the mandatory training is really required and rush like needed ASAP, because we have deadlines in our work, and it will consume our time.

We were required to take a mandatory training during our project training with a lot of questions to answer which was not related to our project and was given a deadline, instead of doing that training we could have focus more on our project training instead.

15. Suggestions and recommendations improve telework experience (increased productivity, focus, etc) *

Faster laptop, provide internet (line not mobile) like fiber. I notice a lot of people keep on saying I



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