

# STUDY DISTRACTIONS ANALYSIS



List the places where you study

Most Often \_\_\_\_\_ (A)

Often \_\_\_\_\_ (B)

Sometimes \_\_\_\_\_ (C)

Answer **true** or **false** to the questions below for each of the places you study. If any of these places have more than three **true** responses, you should avoid studying here.

	A	B	C
1. I'm often interrupted when I study here.			
2. I'm often interrupted when I study here.			
3. I can often hear radio or TV when I study here.			
4. I seem to be especially bothered by distractions here.			
5. I think I take too many breaks when I study here.			
6. I seem to be especially bothered by distractions here.			
7. I usually don't study here at regular times each week.			
8. My breaks tend to be too long when I study here.			
9. I tend to start conversations with people when I study here.			
10. I spend time that I should be using for studying on the phone here.			
11. There are many things here that don't have anything to do with studying or school work.			
12. Temperature conditions here are not very good for studying.			
13 The chair, table, and lighting arrangements are not very helpful for studying.			
14. When I study here, certain individuals distract me.			
15 I don't enjoy studying here.			