Study Environment Analysis

The purpose of this inventory is to help you evaluate the three places you study most frequently. Begin by identifying these three locations in the blanks below. List them in the order in which you use them most frequently. Then answer each question according to whether the statement is mostly true or mostly false about each of the three places you have identified.

Place A	Place B	Place C

	True/False	True/False	True/False
1. There are few distractions, such as phone, computer, or TV in this location.			
2. Other people rarely interrupt me when I study in this location.			
3. This is a quiet location, with almost no interruptions from phones ringing, people talking, or music playing.			
4. I take a limited number of breaks when I study in this environment.			
5. I study here regularly during the week.			
6. I tend to keep my breaks short when I study in this location.			
7. I rarely talk with people when I study here.			
8. The temperature in this place is very comfortable for studying most of the time.			
9. The chair in this place is very conducive to studying.			
10. The desk/table in this place is very conducive to studying.			
11. The lighting in this place is very conducive to studying.			
12. There are few things in this location that are unrelated to studying or school work.			

Add the number of "True" responses: **Place A:_____ Place B:_____ Place C:_____**

The location with the highest total of "TRUE" responses may provide the best environment for studying.

1. Are you CURRENTLY studying in the location that is the best environment for you? Why or why not?

2. What are 2 SPECIFIC things you can do differently to improve the amount of time you spend in the BEST study environment, and/or your current overall study habits?