

Where Should I Be Studying

Where you study and the distractions you face are just as important as how much you study. Face it: If you aren't maximizing your study time, you are **wasting** time! Take this short quiz and find out what is standing in the way of your academic success.

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

When you have answered all 12 questions, add the number of **“True”** responses you made for each of the three places where you study most frequently. The place with the highest total may provide the best environment for studying. Try to do as much of your studying in this location as possible.