

WHERE DO YOU STUDY BEST?

Use the following criteria to determine your best study space. Choose between 2-3 different locations to find out where you would work best. 1= No, 2= Somewhat, 3= Yes

Total your score for each location, and the space with the highest score is going to be the most supportive to your studying. You can also use this form to help give you ways to improve your current study area.

OPTION 1: _____ **OPTION 2:** _____ **OPTION 3:** _____

There are minimal external distractions that allow me to concentrate on my studying/work.

1 2 3

1 2 3

1 2 3

The noise level in this environment is ideal for my studying preferences.

1 2 3

1 2 3

1 2 3

There are no other people around to distract me from my work, and if there are people around they are focused and staying on task.

1 2 3

1 2 3

1 2 3

I am not tempted to get off-topic with other people.

1 2 3

1 2 3

1 2 3

This location is one that I can reach optimal focus.

1 2 3

1 2 3

1 2 3

The use of this space is available when I need it or when I study best.

1 2 3

1 2 3

1 2 3

This location encourages and supports studying.

1 2 3

1 2 3

1 2 3

This space has a comfortable environment, such as lighting, table, chair, etc.

1 2 3

1 2 3

1 2 3

I feel productive in this space.

1 2 3

1 2 3

1 2 3

I am able to separate from my area if I need to take a break

1 2 3

1 2 3

1 2 3

I am able to have everything I need in this space such as computer, internet, charger, books/class materials, drinks, etc.

1 2 3

1 2 3

1 2 3

TOTAL 1: _____ **TOTAL 2:** _____ **TOTAL 3:** _____

MY BEST STUDY LOCATION: _____