



Analysis of Your Study Environment

This worksheet will help you evaluate the three places you study most frequently. Begin by writing these locations in the blanks below. Then answer each question according to whether the statement is mostly true or mostly false about each of the three places. Put a T if it is mostly true and an F if it is mostly false.

_____ Place 1

_____ Place 2

_____ Place 3

	Place 1	Place 2	Place 3
There are few distractions, such as phone, computer, or TV, in this location.			
Other people rarely interrupt me when I study in this location.			
This is a quiet location, with almost no interruptions from phones ringing, people talking or music playing.			
I take a limited number of breaks when I study in this environment.			
I study here regularly during the week.			
I tend to keep my breaks short when I study in this location.			
I rarely talk with people when I study here.			
The temperature in this place is very comfortable for studying most of the time.			
The chair in this place is very conducive to studying.			
The desk/table in this place is very conducive to studying.			
The lighting in this place is very conducive to studying.			
There are few things in this location that are unrelated to studying or school work.			
Total: Add up the number of T's in each column.			

When you have answered all 12 questions, add up the number of "True" responses in each column. The place with the highest total may provide the best environment for studying. Use this worksheet for all the study areas you use or are considering using.

Adapted from: Virginia Tech's Division of Student Affairs