

List the three places you use most frequently for studying:

A:

B:

C:

Now check the column that applies to each of these places:

T=True F=False	Place A	Place B	Place C
1. Other people often interrupt me.	T or F	T or F	T or F
2. The environment reminds me of things not related to studying	T or F	T or F	T or F
3. I can often hear radio or TV	T or F	T or F	T or F
4. I can often hear the phone ringing	T or F	T or F	T or F
5. I take too many breaks	T or F	T or F	T or F
6. I seem to be especially bothered by distractions	T or F	T or F	T or F
7. My breaks tend to be long	T or F	T or F	T or F
8. I tend to start conversations	T or F	T or F	T or F
9. Temperature conditions are ideal	T or F	T or F	T or F
10. Chair, table and lighting arrangements Are not conducive to studying	T or F	T or F	T or F

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