**Finding an Ideal Study Location**

***Objective:*** *To assess possible study areas and establish a location conductive to high levels of concentration*

It is important to know yourself and what you are capable of to determine an appropriate study location. List different study areas and score each location based on the following scale:

1 = Never

2 = Sometimes

3 = Always

Determine the totals for each location. The location with the lowest cumulative score is likely to be your most successful study area. It will also benefit you to determine what you can do in order to lower any of the scores to increase the amount of study locations conducive to high levels of concentration. The purpose of this assessment is to gain insight and increase personal awareness – you may need to test each location in order to determine the most appropriate fit.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **When I study here…** | **Area 1** | **Area 2** | **Area 3** | **Area 4** | **Area 5** | **Area 6** |
| I often stop to talk with my friends, family members or partner |  |  |  |  |  |  |
| It is very easy to use my cell phone, laptop, tablet or watch TV |  |  |  |  |  |  |
| I fall asleep easily |  |  |  |  |  |  |
| I take frequent breaks |  |  |  |  |  |  |
| The lighting is either too dim or too light |  |  |  |  |  |  |
| The noise level is high |  |  |  |  |  |  |
| I feel overwhelmed by the amount of people |  |  |  |  |  |  |
| My chair is not comfortable |  |  |  |  |  |  |
| There is not a good writing surface |  |  |  |  |  |  |
| I feel rushed due to scheduling – do the location’s hours not suit your schedule? |  |  |  |  |  |  |
| **Total:** |  |  |  |  |  |  |

Adapted from: www.act.org/engage/studentguide/pdf/FindIdealStudyLocation.pdf