



# STUDY SKILLS: STUDY ENVIRONMENT

## ACTIVITY THREE: OBSTACLES TO CONCENTRATION

Think about times you've felt distracted from studying.

Were the obstacles external (such as traffic or television noise) or internal (such as being tired or hungry)? What can do you get back on track?

### External Obstacles

External Obstacles	What to do about it
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

### Internal Obstacles

Internal Obstacles	What to do about it
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____



## ACTIVITY FOUR: MY STUDY PLAN

Answer the questions below to help you determine your own best study plan. Then, on the back of this page, draw your ideal study environment.

- The place I study best is
  - my bedroom.  the public library.  the kitchen table.
  - the dining room.  another place: \_\_\_\_\_
- The reason I choose this place to study is \_\_\_\_\_  
\_\_\_\_\_
- The time I study best is
  - early in the morning.  right after school.  after dinner.
  - another time: \_\_\_\_\_
- The reason this time is best for me is \_\_\_\_\_  
\_\_\_\_\_
- I study best
  - by myself.  with a parent or another adult.
  - with my brother or sister.  in a study group.
- I need a study break
  - every 15 minutes.  every 30 minutes.  every hour.
- When I take a break, I \_\_\_\_\_
- List five items you need in your study environment to be an effective learner: 1) \_\_\_\_\_, 2) \_\_\_\_\_  
3) \_\_\_\_\_, 4) \_\_\_\_\_, 5) \_\_\_\_\_