

My Ideal Study Environment

Put a check in front of the options that apply to you (one check per number).

How I receive information best:

1. _____ Orally _____ Visually

In the classroom, I should:

2. _____ Concentrate on taking notes _____ Concentrate on listening
3. _____ Sit up front _____ Sit in back _____ Sit near a window or door

Where I study best:

4. _____ At home _____ In the library _____ Somewhere else: _____

When I study best:

5. _____ Every night; a little on weekends _____ Mainly on weekends _____ Spread out over 7 days
6. _____ In the morning _____ Afternoon _____ Evening
7. _____ Before dinner _____ After dinner

How I study best:

8. _____ Alone _____ With a friend _____ In a group
9. _____ Under time pressure _____ Before I know I have to
10. _____ With music _____ In front of the TV _____ In a quiet room
11. _____ Organizing an entire night's studying before I start
_____ Tackling and completing one subject at a time

I need to take a break:

12. _____ Every 30 minutes or so _____ Every hour
_____ Every 2 hours _____ Every ___ hours

