

# LEARNING RESOURCES: LEARNING IN UNIVERSITY

## STUDY AREA ANALYSIS

Where you choose to study can impact your ability to study effectively. Take a moment to identify three places where you usually study. Read each statement and check the box if it's a true description of that study place. List three places where you usually study in the order you most use them:

A: \_\_\_\_\_ B: \_\_\_\_\_ C: \_\_\_\_\_

Read each statement and check the box if it is a true description of that study place:

IN THIS STUDY PLACE	A	B	C
Other people (online or in person) often interrupt me	A	B	C
Much of what I can see reminds me of things that don't have anything to do with studying	A	B	C
I can often hear a radio, TV, or computer	A	B	C
I am aware of online messages/social media coming in	A	B	C
I think I take too many breaks	A	B	C
I usually don't study at a regular time each week	A	B	C
My breaks tend to be too long	A	B	C
I tend to start conversations (online or in person)	A	B	C
I play games or surf on my computer	A	B	C
It is easy to become sleepy or fall asleep	A	B	C
Temperature conditions are not very good for studying	A	B	C
Chair, table, and lighting arrangements are not helpful for studying	A	B	C
Certain people often distract me when I try to study	A	B	C
I have to use this space for activities other than studying	A	B	C
<b>TOTAL CHECKS IN EACH COLUMN</b>	<b>A _____</b>	<b>B _____</b>	<b>C _____</b>

Take a look at how many checks are in each column. Your ideal study place is the location with the fewest number of checks. Be sure to choose a study location that will help minimize distractions and increase productivity.