



Creating the Ideal Study Zone

INSTRUCTIONS: Check the box that most applies to you.

1. I remember more information when I study
 - alone
 - with another person
 - in a small group
 - in the presence of others (such as in a public place)

2. I feel I am most focused
 - early in the morning
 - late in the morning/early in the afternoon
 - late in the afternoon
 - after dinner/early evening
 - late at night

3. I study most effectively in
 - my dorm room or bedroom
 - the library
 - the residence hall lounge or the living room
 - a public place, such as a coffee shop or the student union
 - a computer lab
 - the cafeteria

4. I find that I am best able to focus in rooms that are lighted by
 - daylight
 - bright lights (such as overhead fluorescent lights)
 - medium, soft lights (such as floor and table lamps)
 - dim, soft lights (such as desk lamps)

5. I am most alert when the room temperature is
 - hot, such that others typically describe the temperature as uncomfortably hot
 - mild, such that others typically describe the temperature as comfortable yet warm
 - cool, such that others typically describe the temperature as comfortable yet cool
 - cold, such that others typically describe the temperature as uncomfortably cold

6. I find that I am able to concentrate the best
- in complete silence
 - with faint “white noise” in the background such as a fan or soft music, or people walking by or talking.
 - with moderate background noise or music
 - with loud music or background noise, so much so that others typically describe it as distracting.
7. I can remain strongly focused on academic tasks for
- long periods of time (3 or more hours)
 - moderate periods of time (1 to 2 hours)
 - short periods of time (less than an hour)
8. When doing my homework, I prefer to take
- no breaks
 - short infrequent breaks (2 to 10 minute breaks every few hours)
 - long infrequent breaks (more than 10 minutes every few hours)
 - short frequent breaks (2 to 5 minute breaks every ½ hour)
 - long frequent breaks (more than 5 minutes every ½ hour)
9. I find that _____ helps me remain focused and attentive
- eating something
 - drinking something
 - chewing gum or snacking
 - avoiding food, drinks, and snacks
10. I complete the greatest amount of work when I
- experience great pressure from quickly approaching due dates or test dates
 - begin studying well in advance of due dates or test dates
 - feel there is little or no pressure associated with completing the task

The paragraph below will help describe your ideal study zone. Fill in the blanks in the paragraph below with your corresponding responses from above.

According to the preferences you indicated above, it appears you prefer to study _____ and you feel it helps if you are
 [Insert Answer to #1]
 _____ while you study. Furthermore, it appears that
 [Insert Answer to #9]
 you are most focused _____ and
 [Insert Answer to #2]
 prefer to study for _____ with
 [Insert answer to #7]
 _____. In addition, you believe your most effective
 [Insert Answer to #8]
 study environment to be _____. It appears you
 [Insert Answer to #3]
 prefer this environment to be lighted by _____, you
 [Insert Answer to #4]
 prefer the room to be _____,
 [Insert Answer to # 5]
 and you like to study _____.
 [Insert Answer to #6]
 Finally, you believe you are most effective at completing schoolwork when you
 _____.
 [Insert Answer to #10]

You should use the information obtained from this exercise to help guide you as you choose a study location. Think about the location you might choose to study in and the ways you could manipulate that location to reflect the preferences you have indicated. You should attempt to include as many of these preferences to create the most efficient and effective study environment possible. To help you find a study location on campus, use "Finding an Ideal Study Location," located in the SRI Tool Shop.