



Finding an Ideal Study Location

Where is the perfect place for you to hit the books? This exercise is designed to help you answer that question. Begin by thinking of three to five locations where you believe you may spend some time studying during the upcoming school year. The list below can help you think of possible study locations. However, feel free to use any location not listed below.

- Study cubicle or study room at the library
- Your residence hall lounge
- The student union or student center
- Your work study job
- A computer lab
- A coffee shop
- The campus skills center
- Your room
- A specific location at your college residence:
 - Bedroom
 - Living room
 - Kitchen
 - Den
 - Lounge

Write the locations you have chosen in the “Name of Location” column headings provided below. Then, starting with Location 1, read each of the fifteen descriptive statements. As you read each statement, think about the degree to which it describes that location using the following rating scale:

0 = Not at All

1 = Somewhat

2 = Completely

Repeat for each of your other chosen locations.

| | | Location 1 | Location 2 | Location 3 | Location 4 | Location 5 |
|--------------------------------------|--|------------|------------|------------|------------|------------|
| Name of Location | | | | | | |
| When I Study Here... | | | | | | |
| 1 | I may be inclined to daydream or think of things that are unrelated to studying | | | | | |
| 2 | I may tend to procrastinate by engaging in activities unrelated to my homework (email, chat rooms, video/computer games, etc.) | | | | | |
| 3 | I feel that the furniture may interfere with my ability to effectively study | | | | | |
| 4 | I may tend to talk with others or be distracted by the conversations of others | | | | | |
| 5 | I may be inclined to take frequent breaks | | | | | |
| 6 | I find the lighting to be too bright or too dim | | | | | |
| 7 | I may be distracted by looking out a window or "people-watching" | | | | | |
| 8 | I find the room to be too hot or too cold | | | | | |
| 9 | I could easily start other activities unrelated to studying | | | | | |
| 10 | I may not always have access to the location during the times when I am most focused | | | | | |
| 11 | I may often find that my study materials are elsewhere | | | | | |
| 12 | I may be distracted by the stereo, telephone calls, the television, or other background noise | | | | | |
| 13 | I feel I may lack adequate workspace | | | | | |
| 14 | I may tend to fall asleep or nap | | | | | |
| 15 | Other? _____ | | | | | |
| Total Number for Each Column: | | | | | | |

After completing this exercise:

- ✓ Compute the total for each location by adding up the numbers in each column. The location with the lowest total is most likely the ideal study location for you.
- ✓ Try to spend a majority of your study time in this location. You may find that you accomplish more when you study there. In addition, you should try to think of ways to minimize the distractions expressed in those statements you rated as a “2.”

You may find it helpful to use “Creating the Ideal Study Environment” (found in the SRI Tool Shop) to help further guide you in identifying your specific preferences for a study environment.