

A GOOD STUDY ENVIRONMENT

Name: _____ Date: _____

Evaluate your usual study area. Write "yes" or "no" for each question.

1. _____ Do you have one or two places reserved just for studying?
2. _____ Is your study area where others will not pass through?
3. _____ Is your whole desk or table well lit?
4. _____ Can you avoid outside noise by closing the door?
5. _____ Do you usually study before you are tired?
6. _____ Are your study materials near the work area?
7. _____ Is your work area cool (but not cold)?
8. _____ Do you sit upright when you study?