Evaluate Your Study Space:
Analyzing Distractions

List the three places you usually study in the order you use them most. Then answer true or false to identify how each of the statements describes each study space.

<table>
<thead>
<tr>
<th></th>
<th>Place A:</th>
<th>Place B:</th>
<th>Place C:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Other people often interrupt me when I study here.</td>
<td>T F</td>
<td>T F</td>
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<tr>
<td>2. Much of what I can see here reminds me of things that don't have anything to do with studying.</td>
<td>T F</td>
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<tr>
<td>3. I can often hear the radio or TV when I study here.</td>
<td>T F</td>
<td>T F</td>
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<tr>
<td>4. I can often hear the phone ringing when I study here.</td>
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<td>5. I think I take too many breaks when I study here.</td>
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<td>6. I seem to be especially bothered by distractions here.</td>
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<td>7. I usually don't study here at a regular time each week.</td>
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<tr>
<td>8. My breaks tend to be too long when I study here.</td>
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<td>T F</td>
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<td>9. I tend to start conversations with people when I study here.</td>
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<td>10. I spend time on the phone here that I should be using for studying.</td>
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<td>T F</td>
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<tr>
<td>11. There are many things here that don't have anything to do with study or school work.</td>
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<tr>
<td>12. Temperature conditions here are not very good for studying.</td>
<td>T F</td>
<td>T F</td>
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<tr>
<td>13. Chair, table and lighting arrangements here are not very helpful for studying.</td>
<td>T F</td>
<td>T F</td>
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<tr>
<td>14. When I study here I am often distracted by certain individuals.</td>
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<tr>
<td>15. I don't enjoy studying here.</td>
<td>T F</td>
<td>T F</td>
<td>T F</td>
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</tbody>
</table>

Totals: _ _ _ _ _ _ _

Total the columns. The column with the most “false” responses is the least distracting place you currently study. A checklist for preparing your study space and suggestions for study spaces on campus is on the reverse side.

Adapted from Systems for Study by Raygor and Wark
Before You Begin to Study…

Atmosphere
☐ Reduce noises and distractions. If in your room, alert friends that you want a quiet, undisturbed period to study. Isolate yourself by closing a door, if possible. If in the library, consider studying on a quiet floor.
☐ Check to make sure the temperature is cool or warm enough (66-74 degrees, depending on your personal preference) to keep you alert and active.
☐ If in your room, turn off radio and television, or if you work best with background music, pick a radio station without commercials (quiet records can also be good).

Work Environment
☐ Remove any potential distractions (Facebook, magazines, email, video games, or anything else you might want to pick up or think about).
☐ Choose a chair comfortable for your purpose. Avoid lying or sitting on your bed, as your tendency will be to fall asleep. Instead, sit upright or at your desk.
☐ Make sure the lighting is adequate.
☐ Have the tools you need (pencils, pens, calculator, etc.).
☐ Try to study in the same place each time as your brain will associate that place with learning.

A Few Favorite Study Spaces on Campus…

- Baker/Porter:
  - Modern Language Resource Center
  - Random Rooms
- Cyert:
  - Lobby
  - Bottom floor - Academic Development
- Donner:
  - Study Room
- Gates:
  - 5th Floor
- Hammerschlag Study:
  - Study Room
- Hillman Library
  - University of Pittsburgh
  - (Good for limiting internet access distractions)
- Hunt:
  - 1st Floor Tables
  - 3rd Floor – Silent Floor
  - 4th Floor Clusters
- Mechanical Engineering Cluster
- Mellon Library
- Tepper:
  - Study Rooms
  - Top Floor
- University Center:
  - 2nd floor, by the pool
- Undergraduate Major Lounges
  - Example - Biology Majors:
    - BioSac Lounge – Doherty Hall 2312
- Wean:
  - Lobby
  - Engineering and Science Library, 4th Floor Cluster, for group discussions