

Reading Environment Assessment

1) List three places you usually study, in order of frequency.

A. _____ B. _____ C. _____

2) Circle the response that applies to each of these places. T = True or F = False

	Area A		Area B		Area C	
Other people seldom interrupt me when I study here.	T	F	T	F	T	F
Little of what I can see here reminds me of things unrelated to my studying.	T	F	T	F	T	F
I don't hear a TV or radio when I study here.	T	F	T	F	T	F
I don't hear my cell phone ringing here.	T	F	T	F	T	F
I don't take too many breaks when I study here.	T	F	T	F	T	F
There are few visual distractions in this area.	T	F	T	F	T	F
I study here at a regular time each week.	T	F	T	F	T	F
My breaks aren't overly long when I study here.	T	F	T	F	T	F
I don't tend to start conversations with people here.	T	F	T	F	T	F
The table, chair, temperature, lighting are comfortable.	T	F	T	F	T	F
I don't feel sleepy when I study in this location.	T	F	T	F	T	F
I have plenty of fresh air here.	T	F	T	F	T	F
Total:	_____		_____		_____	

3) Tally up the number of “false” responses for each study location.

The location with the *fewest* number of **false** responses is your *best* study location. If all locations have a large number of “false” selections, you need to begin to find other places to read and study.