

Study Checklist

READY FOR STUDY?

Checklist for study conditions:

	Yes	No
Do I have a place of my own to study?		
Is it free from distractions? (Noises, television, mobile phone, ipod, other people etc.)		
Do I have a desk or table and a comfortable chair?		
Is my study area well lit?		
Can my study area be left undisturbed from night to night?		
Can I see a clock so that I can time my study?		
Do I have all of the pens, pencils, erasers and so on that I need?		
Do I have all of the books I am likely to need close by?		

What is your main distraction?

How can you overcome this?
