

Learning Environment

Where do you learn best? Use this worksheet to try out a few spots. Afterwards, check off the statements that apply to each space you tried to identify your preferred learning environment.

	Environment A:	Environment B:	Environment C:
There are few distractions, such as phone, computer, or TV, in this location.			
Other people rarely interrupt me when I study in this location.			
This is a quiet location, with almost no interruptions from phones ringing, people talking or music playing.			
I take a limited number of breaks when I study in this environment.			
I study here regularly during the week.			
I tend to keep my breaks short when I study in this location.			
I rarely talk with people when I study in this location.			
The temperature in this location is very comfortable for studying most of the time.			
The chair in this location is very conducive to studying.			
The desk/table in this place is very conducive to studying.			
The lighting in this location is very conducive to studying.			
There are few things in this location that are unrelated to studying or school work.			