# My Ideal Study Environment

*Put a check in front of the options that apply to you (one check per number).*

**How I receive information best:**

1. □ Orally □ Visually

**In the classroom, I should:**

2. □ Concentrate on taking notes □ Concentrate on listening

3. □ Sit up front □ Sit in back □ Sit near a window or door

**Where I study best:**

4. □ At home □ In the library □ Somewhere else: __________________

**When I study best:**

5. □ Every night; a little on weekends □ Mainly on weekends □ Spread out over 7 days

6. □ In the morning □ Afternoon □ Evening

7. □ Before dinner □ After dinner

**How I study best:**

8. □ Alone □ With a friend □ In a group

9. □ Under time pressure □ Before I know I have to

10. □ With music □ In front of the TV □ In a quiet room

11. □ Organizing an entire night’s studying before I start
    □ Tackling and completing one subject at a time

**I need to take a break:**

12. □ Every 30 minutes or so □ Every hour
    □ Every 2 hours □ Every ___ hours