

Read each pair of statements. Put a check mark to the left of the statement in each pair which best describes your study habits and preferences.

## Motivation

1. It's easy for me to get started on my work.  
 2. It's hard for me to get started on my work.

## Concentration

1. It's easy for me to concentrate, or to keep my mind on, my work.  
 2. It's hard for me to concentrate, or to keep my mind on, my work.

## Length of study sessions

1. I like to work in long sessions of two hours or more.  
 2. I like to work in short sessions of no more than 45 minutes.

## Involvement with others

1. I learn best when I study alone.  
 2. I learn best when I study with others.

## Level of organization

1. I like my work area to be messy. I know where everything is.  
 2. I like my work area to be very organized. Messiness bothers me.

## Prime times

1. I do my best work in the daytime.  
 2. I do my best work at night.

## Amount of noise

1. I like to have some noise in the background while I work.  
 2. I need absolute quiet while I work.

## Amount of light

1. I like to work in a brightly lit area.  
 2. I like to work in a dimly lit area.

## Amount of heat

1. I like to work in a warm room.  
 2. I like to work in a cool room.

## Food and drink

1. I work best when I have food and/or something to drink handy.  
 2. I don't need food and drink while I work.