

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.