



## Personal Study Conditions Inventory

### Time

*What times of day (or night) do I have the most energy?*

*When am I most focused?*

*When do I have the least energy?*

*When am I least focused?*

### Place

*Where am I likely to maintain focus?*

*Where am I likely to be most productive?*

*Where am I likely to be inspired and motivated?*

*Where am I likely to be distracted and interrupted?*

### Mode

*Do I study best with total quiet or some noise?*

*Do I study best in solitude or around people?*

*Do I stay more focused when I have a deadline?*