

DON'T GET DISTRACTED!



	Strongly Agree				Strongly Disagree
	1	2	3	4	5
I like to work sitting at a desk.					
I work best in my bedroom.					
I like to have complete silence if I am working.					
I like to have posters about my work around me.					
I always check my email/Facebook before doing any work.					
I can ignore my phone if someone sends me a text message.					
I can ignore my X Box/PlayStation if it is in the same room.					
I like to work in short spurts.					
I have a revision plan and stick to it.					
I am good at allocating my time evenly to all my subjects.					
I plan to have rewards after I have done my work.					
I work better if I have just eaten.					
I ensure that my revision session has been planned so that I know what I want to achieve.					
I ensure I have everything near by that I need before I start to work.					
I work better under stress.					
I know how to stop myself feeling stressed.					
I can motivate myself to work.					
I start my work with a positive attitude.					
I find it easier to concentrate in the morning.					
I use a variety of revision strategies to keep myself interested.					
I can tell my friends that I am busy working and not feel guilty.					

My top 5 Distractions

Distraction	How I am going to ignore it



