

DON'T GET DISTRACTED!



	Strongly Agree					Strongly Disagree				
	1	2	3	4	5	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



