

## Your Learning Influences

A **learning influence** is something that affects how well you concentrate while trying to learn. Some are physical; others are mental. Some influences are helpful in keeping your concentration, while many others are distracting. The helpful ones are considered positive, while the distracting ones are considered negative.

### ACTIVITY 1

Below is a list of common influences that can affect your concentration. Think about how each of the influences affects the way you concentrate; and decide whether it is positive/helpful (+), negative/unhelpful (−), or sometimes helpful/sometimes unhelpful (=). For example, if you find yourself very focused when you are under time pressure, place a plus (+) in the blank. If you find you are continually distracted by time pressure with little ability to focus, place a minus (−) in the blank. However, if you find you are both focused and distracted equally, place an equal (=) in the blank. Add other influences that can affect your concentration.

<b>Location</b>	<input type="checkbox"/> Hungry	<b>Type of Written Material</b>	<input type="checkbox"/> One-on-one instruction
<input type="checkbox"/> At your desk	<input type="checkbox"/> Other: _____	<input type="checkbox"/> Familiar content	<input type="checkbox"/> Group interaction
<input type="checkbox"/> At a table	<b>External Environment</b>	<input type="checkbox"/> Unfamiliar content	<input type="checkbox"/> Research
<input type="checkbox"/> On a couch	<input type="checkbox"/> Warm	<input type="checkbox"/> Wide columns	<input type="checkbox"/> Hands-on learning
<input type="checkbox"/> On a recliner	<input type="checkbox"/> Cool	<input type="checkbox"/> Narrow columns	<input type="checkbox"/> Visual demonstration
<input type="checkbox"/> In bed	<input type="checkbox"/> Well lit	<input type="checkbox"/> Large print size	<input type="checkbox"/> Other: _____
<input type="checkbox"/> Other: _____	<input type="checkbox"/> Dimly lit	<input type="checkbox"/> Small print size	<b>Purpose/Usability</b>
<b>State of Mind/Being</b>	<input type="checkbox"/> Noisy	<input type="checkbox"/> Good copy quality	<input type="checkbox"/> For a meeting
<input type="checkbox"/> Interested	<input type="checkbox"/> Quiet	<input type="checkbox"/> Poor copy quality	<input type="checkbox"/> For your boss or instructor
<input type="checkbox"/> Not interested	<input type="checkbox"/> Other: _____	<input type="checkbox"/> Other: _____	<input type="checkbox"/> For a presentation
<input type="checkbox"/> Alert	<b>Distractions</b>	<b>Delivery of Information</b>	<input type="checkbox"/> For a test
<input type="checkbox"/> Sleepy	<input type="checkbox"/> Other people	<input type="checkbox"/> Lecture	<input type="checkbox"/> For pleasure
<input type="checkbox"/> Relaxed	<input type="checkbox"/> Telephone	<input type="checkbox"/> Discussion	<input type="checkbox"/> For background knowledge
<input type="checkbox"/> Stressed	<input type="checkbox"/> E-mail	<input type="checkbox"/> Reading	<input type="checkbox"/> Other: _____
<input type="checkbox"/> Time-pressured	<input type="checkbox"/> Television	<input type="checkbox"/> Writing	
<input type="checkbox"/> Not time-pressured	<input type="checkbox"/> Music	<input type="checkbox"/> On computer screen	
<input type="checkbox"/> Preoccupied	<input type="checkbox"/> Other: _____		
<input type="checkbox"/> Tired			
<input type="checkbox"/> Well rested			