

Self-Check ✓

The following self-evaluation will give you an idea of how familiar, or unfamiliar, you are with some of the topics and terms discussed in this chapter. After reading each statement, circle the letter Y, S, or N to indicate the answer that is most appropriate for you. Answer honestly. Rate yourself at the end; then complete the information on your Self-Check Progress Chart.

Y = yes; frequently S = sometimes N = no; never

- | | | | |
|--|---|---|---|
| 1. I read and study in a quiet, distraction-free environment. | Y | S | N |
| 2. I read and study without a radio or television on. | Y | S | N |
| 3. I resist taking phone calls or checking e-mail while reading or studying. | Y | S | N |
| 4. I work at an uncluttered desk or table with good lighting. | Y | S | N |
| 5. I am aware of the room temperature and can make myself comfortable. | Y | S | N |
| 6. I am aware of, and try to reduce, mental distractions before learning. | Y | S | N |
| 7. I am usually relaxed when I have a lot of studying to do. | Y | S | N |
| 8. I know several ways to increase my concentration while reading and studying. | Y | S | N |
| 9. I reserve most of my reading and studying for the time of day when I am most alert. | Y | S | N |
| 10. I enjoy learning. | Y | S | N |

Rate Yourself:

Number of Ys _____ × 100 = _____

Number of Ss _____ × 50 = _____

Number of Ns _____ × 0 = _____ Total _____