

Concentration Monitor

1. Name the course. List the tasks:

(Be specific! For example: solve 5 chemistry problems.)

2. Date _____ Place _____
Begin time _____ Planned end time _____

3. Check (✓) here each time your mind wanders:

4. Interruptions

Who or what interrupted you? For how long?

Who or what interrupted you?	For how long?
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Breaks

When did you take a break? For how long?

When did you take a break?	For how long?
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Actual End Time _____

Approximate number of
minutes you studied _____

5. After you have monitored yourself:

- a. Rate your level of concentration. ——— Intense ——— Inconsistent ——— Poor ———
- b. How did the interruptions affect you concentration? ——— A Lot ——— A Little ——— Not At All ———
- c. How did your breaks affect your concentration? ——— Better after a break ——— The Same ——— Worse ———
- d. How did your study location affect your concentration? ——— Positively ——— Not a factor ——— Negatively ———