# 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?  
   __________________________________ | ____________________  
   __________________________________ | ____________________  
   __________________________________ | ____________________  
   __________________________________ | ____________________  
   __________________________________ | ____________________  
   __________________________________ | ____________________  
   __________________________________ | ____________________  
   __________________________________ | ____________________  

   **Breaks**
   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