

# Concentration Self-Assessment

**This self-assessment is designed to help you discover your strengths and weaknesses related to concentration. This assessment takes one week to complete, but only requires 5-10 minutes at the end of each day. To finish this process, bring the completed self-assessment to a study skills tutoring session at the Academic Success Centre.**

## Study Space Inventory

Describe each of the distinct spaces in which you spend time concentrating (e.g., classrooms, bedroom, library). Provide a description of the physical space (items, people, colours, etc.), the times you use it, other tasks you use the space for, and your responses to the space. If you need to list more spaces, please use an additional handout.



Space 1	
Space 2	
Space 3	



## Personal Perceptions of Concentration

Describe the traits and behaviors you associate with people who have good concentration:



Describe an episode in which you demonstrated a high level of concentration:



Describe an episode in which you demonstrated a low level of concentration:



## Sample Concentration Log

### Day 1

Date: 02/02/02	
Concentration Space: 3 <sup>rd</sup> floor of library, study desks	
Rate how successful you were in concentrating in this space today:	1   2 <b>3</b> 4   5   N/A
Describe anything of note (e.g., success, irritant, observation):	Started studying at 8am, was tired (yawning a lot!). Good lighting and seating. While little distractions, found the space too quiet.

Concentration Space: living room	
Rate how successful you were in concentrating in this space today:	<b>1</b> 2   3   4   5   N/A
Describe anything of note (e.g., success, irritant, observation):	Started studying at 12:00pm, was hungry. The TV ended up being very distracting, didn't get much done.

Concentration Space: couches, 2 <sup>nd</sup> floor T&L Building	
Rate how successful you were in concentrating in this space today:	1   2   3   4 <b>5</b> N/A
Describe anything of note (e.g., success, irritant, observation):	Started studying at 3:00pm, had a lot more energy. The natural light was great! I found that the background noise helped.

### Day 1

Date:	
Concentration Space:	
Rate how successful you were in concentrating in this space today:	1   2   3   4   5   N/A
Describe anything of note (e.g., success, irritant, observation):	

Concentration Space:	
Rate how successful you were in concentrating in this space today:	1   2   3   4   5   N/A
Describe anything of note (e.g., success, irritant, observation):	

Concentration Space:	
Rate how successful you were in concentrating in this space today:	1   2   3   4   5   N/A
Describe anything of note (e.g., success, irritant, observation):	

**Day 2**

Date:						
Concentration Space:						
Rate how successful you were in concentrating in this space today:	1	2	3	4	5	N/A
Describe anything of note (e.g., success, irritant, observation):						

Concentration Space:						
Rate how successful you were in concentrating in this space today:	1	2	3	4	5	N/A
Describe anything of note (e.g., success, irritant, observation):						

Concentration Space:						
Rate how successful you were in concentrating in this space today:	1	2	3	4	5	N/A
Describe anything of note (e.g., success, irritant, observation):						

**Day 3**

Date:						
Concentration Space:						
Rate how successful you were in concentrating in this space today:	1	2	3	4	5	N/A
Describe anything of note (e.g., success, irritant, observation):						

Concentration Space:						
Rate how successful you were in concentrating in this space today:	1	2	3	4	5	N/A
Describe anything of note (e.g., success, irritant, observation):						

Concentration Space:						
Rate how successful you were in concentrating in this space today:	1	2	3	4	5	N/A
Describe anything of note (e.g., success, irritant, observation):						

**Day 4**

Date:						
Concentration Space:						
Rate how successful you were in concentrating in this space today:	1	2	3	4	5	N/A
Describe anything of note (e.g., success, irritant, observation):						

Concentration Space:						
Rate how successful you were in concentrating in this space today:	1	2	3	4	5	N/A
Describe anything of note (e.g., success, irritant, observation):						

Concentration Space:						
Rate how successful you were in concentrating in this space today:	1	2	3	4	5	N/A
Describe anything of note (e.g., success, irritant, observation):						

**Day 5**

Date:						
Concentration Space:						
Rate how successful you were in concentrating in this space today:	1	2	3	4	5	N/A
Describe anything of note (e.g., success, irritant, observation):						

Concentration Space:						
Rate how successful you were in concentrating in this space today:	1	2	3	4	5	N/A
Describe anything of note (e.g., success, irritant, observation):						

Concentration Space:						
Rate how successful you were in concentrating in this space today:	1	2	3	4	5	N/A
Describe anything of note (e.g., success, irritant, observation):						

**Day 6**

Date:						
Concentration Space:						
Rate how successful you were in concentrating in this space today:	1	2	3	4	5	N/A
Describe anything of note (e.g., success, irritant, observation):						

Concentration Space:						
Rate how successful you were in concentrating in this space today:	1	2	3	4	5	N/A
Describe anything of note (e.g., success, irritant, observation):						

Concentration Space:						
Rate how successful you were in concentrating in this space today:	1	2	3	4	5	N/A
Describe anything of note (e.g., success, irritant, observation):						

**Day 7**

Date:						
Concentration Space:						
Rate how successful you were in concentrating in this space today:	1	2	3	4	5	N/A
Describe anything of note (e.g., success, irritant, observation):						

Concentration Space:						
Rate how successful you were in concentrating in this space today:	1	2	3	4	5	N/A
Describe anything of note (e.g., success, irritant, observation):						

Concentration Space:						
Rate how successful you were in concentrating in this space today:	1	2	3	4	5	N/A
Describe anything of note (e.g., success, irritant, observation):						