

## 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

<b>Sample</b>						
Date:						
Concentration space: 3 <sup>rd</sup> floor library, study desks						
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):	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:	1	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 at the university						
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):	Started studying at 3:00pm, had a lot more energy. The natural light was great! I found that the background noise helped.					
Define any internal distractions that affected you today (e.g., hunger, emotions)	Hungry, tired					

<b>Day 1</b>						
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):						
Define any internal distractions that affected you today (e.g., hunger, emotions)						

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):						
Define any internal distractions that affected you today (e.g., hunger, emotions)						

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):						
Define any internal distractions that affected you today (e.g., hunger, emotions)						

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):						
Define any internal distractions that affected you today (e.g., hunger, emotions)						

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):						
Define any internal distractions that affected you today (e.g., hunger, emotions)						

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):						
Define any internal distractions that affected you today (e.g., hunger, emotions)						

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):						
Define any internal distractions that affected you today (e.g., hunger, emotions)						