

Visualize & Plan

- ① Identify possible distractions and brainstorm ways to prevent them.

External Distractions (Things going on around you!)	What can you do to prevent, avoid, or deal with the distraction?
My little sister is cranky and loud in the afternoons.	I can choose a place to study where I can close the door and be alone. I can also ask my mom to help me plan an hour of time that is distraction free.

Internal Distractions (Things going on inside you!)	What can you do to prevent, avoid, or deal with the distraction?
I am always hungry when I get home from school!	Before I study, I can spend 10 minutes eating a healthy snack.

● Create a study plan.

<p>The place I study best is...</p> <ul style="list-style-type: none"><input type="checkbox"/> my bedroom<input type="checkbox"/> the kitchen<input type="checkbox"/> the dining room<input type="checkbox"/> _____	<p>This is the best place for me to study because...</p> <hr/> <hr/> <hr/>
<p>The best time for me to study is...</p> <ul style="list-style-type: none"><input type="checkbox"/> early in the morning<input type="checkbox"/> right after school<input type="checkbox"/> after dinner<input type="checkbox"/> _____	<p>This is the best time for me to study because...</p> <hr/> <hr/> <hr/>
<p>I need a study break...</p> <ul style="list-style-type: none"><input type="checkbox"/> every 15 minutes<input type="checkbox"/> every 30 minutes<input type="checkbox"/> every hour	<p>When I take a study break, I...</p> <hr/> <hr/> <hr/>
<p>I study best...</p> <ul style="list-style-type: none"><input type="checkbox"/> by myself<input type="checkbox"/> with a parent or another adult<input type="checkbox"/> with a brother or sister	<p>Five items I need in my study environment to be an effective learner are...</p> <p>1. _____ 2. _____</p> <p>3. _____ 4. _____</p> <p>5. _____</p>

- ① **Visualize your study environment.**

Sketch a picture of what your homework and study station will look like. Include details about the location and organization of the space.

A large, empty rectangular box with a thick black border, intended for a student to draw a sketch of their study environment. The box is currently blank.