

Here are some situations that may or may not distract you. Choose Yes (a problem) or No (not a problem) for each one. Are the problems you identify controllable? If so, as a responsible student, what solutions will help you take control of your time? Use this worksheet to increase your awareness of what distractions are tripping you up and how to overcome them.

<b>Situations</b>	<b>Yes (Y) No (N)</b>	<b>Controllable (C) Uncontrollable (U)</b>	<b>Solutions?</b>
<i>Cell phone</i>			
<i>Internet/Facebook</i>			
<i>Gaming/Videos/Music</i>			
<i>Sports/Hobbies</i>			
<i>Television</i>			
<i>Lack of sleep</i>			
<i>Relationship problems</i>			
<i>Meals/Snacking</i>			
<i>Daydreaming</i>			
<i>Perfectionism</i>			
<i>Errands/Shopping</i>			
<i>Lost items</i>			
<i>Worries/Stress</i>			
<i>Children/Siblings</i>			
<i>Socializing/ Friends</i>			
<i>Multitasking</i>			
<i>Illness, self or others</i>			
<i>Work schedule</i>			
<i>Pleasure reading</i>			
<i>Family</i>			