

**CONTINUE  
THE ADVENTURE...**







**NAME:** \_\_\_\_\_

### Homework assignment

Imagine you are designing the perfect space for focusing on your homework, reading, or studying. A focus space is where you can concentrate and do your best work without being interrupted.

#### Step 1: Identify Elements of Your Focus Space

Look at the following items and think about how they would affect your ability to concentrate. For each item, decide whether you would keep it or remove it.

	Keep	Remove
 <b>Phone:</b> Phones can be a significant distraction. Do you think having your phone nearby would make it hard to concentrate, or do you use it for studying and to help you stay organized?		
 <b>People Talking:</b> Having people talking around you can be distracting. Do you think you would concentrate better in silence or with minimal noise? Or do you prefer to study in a group where discussion is encouraged?		
 <b>Plant:</b> A plant can create a calming environment. If you believe a plant would help you feel more relaxed and focused, keep it. If you think it would be more of a distraction remove it.		
 <b>Door Closed:</b> Closing your door can create a barrier to distractions. If you think this would help you concentrate, keep it closed. If you prefer having your door open for access to others, you can open it and remove the barrier to others.		
 <b>TV On:</b> Having the TV on is usually a major distraction. If you agree that this would prevent you from focusing remove it.		
 <b>Video Games On:</b> Video games can easily draw your attention away from studying, even if you are not playing and they are in the background. If you think this would distract you remove it.		
 <b>Loud Music On:</b> While some people can study with music, loud music can be distracting for many. If you think loud music would prevent you from focusing, remove it. If you enjoy music while studying, think about what type helps you concentrate best and keep it.		
 <b>Calming Background Noise/Music:</b> Calming sounds or soft background music can enhance focus. If you believe this would help you concentrate, keep it. If you prefer silence for studying, remove it.		

What do you feel is the biggest distraction for you personally? How are you going to remove this distraction from when you are reading, studying, or doing homework to help improve your focus. \_\_\_\_\_

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