

Dealing With Distractions Quiz

Name: \_\_\_\_\_

Circle the best answer below:

- 1 In order to deal with distractions better, it is important to first identify what your most common distractions are.  
A TRUE  
B FALSE
- 2 To do well at school you should not do any chores or spend time with friends.  
A TRUE  
B FALSE
- 3 Working in half hour blocks is an effective way of getting your work done and getting to do other things that you want to do.  
A TRUE  
B FALSE
- 4 It is good to have everything you need for your work at the beginning of each half hour block so that you don't get distracted by doing things like searching in your school bag for items.  
A TRUE  
B FALSE
- 5 You should keep your mobile phone near you while you are working in case someone needs to message you about something important.  
A TRUE  
B FALSE
- 6 A weekly planner will help you to balance school and outside activities.  
A TRUE  
B FALSE
- 7 It may be necessary to cut back on some social or outside activities during busy times at school.  
A TRUE  
B FALSE
- 8 Using small blocks of time (e.g. waiting for a bus) to get easy work done will help you in your overall efforts to get your homework completed.  
A TRUE  
B FALSE
- 9 A good way to identify your biggest distractions is to tally up how many times something distracts you in a day.  
A TRUE  
B FALSE
- 10 If you are having trouble dealing with distractions, it is good to try different strategies until you find one that works for you.  
A TRUE  
B FALSE