

WORKSHEET 3.2**Distractions Quiz**

Check each item that has kept you from focusing on schoolwork.

Texting _____

Talking on the telephone _____

Social networking websites _____

Playing video games _____

Listening to music _____

Entertainment/news websites _____

Surfing the Internet _____

Watching television _____

Outdoor activities/sports _____

Housework _____

Friends _____

Spouse/significant other _____

Children _____

Other _____

How many did you mark? _____
