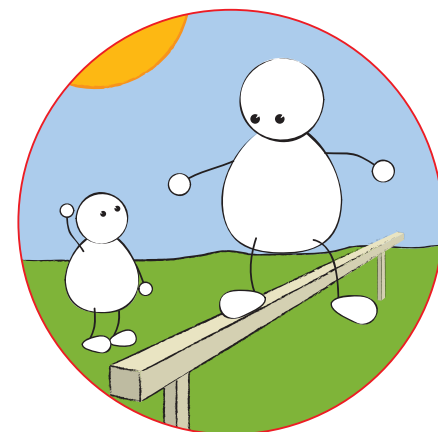


Distraction Scales



Time to think ... and share ideas

In a small group, brainstorm all the things you can think of that distract you from learning. Now share the ideas you have for dealing with distractions.

A way with words

Add some words to describe the extent to which you might be distracted.



Me-now!

Rate yourself for distractability in different subjects and activities.

