

Rutgers Learning Centers

At Camden Campus

LEARNING STYLE: BODY REACTIONS

When you are in a classroom or study area, lighting, temperature, and the comfort of the furniture may affect your ability to pay attention or to get your work done.

Hunger, tiredness, and time of day may also affect your concentration.

By determining your physiological preferences, you can build your schedule to create your best learning environment. The following inventory may help you pinpoint those preferences.

Put a check beside all the statements that best describe you.

1. I feel most alert in the morning hours.
2. I don't "come alive" until afternoon or early evening.
3. I am definitely a night person.
4. I concentrate and work best in a brightly lighted room.
5. Bright light distracts me; I prefer natural or dim lighting.
6. Overhead lighting is never right; I need an adjustable lamp.
7. I am usually strongly aware of the temperature in a classroom.
8. I can't work or concentrate in a room that is too hot or too cold.
9. I usually get the chills next to a fan, air conditioner, or open window.
10. If my chair or desk in class is uncomfortable, I am usually able to ignore it and concentrate.
11. If my chair is not the right height, my back or neck aches.
12. If I feel a little ill or headachy, I can't think about anything else.
13. I can ignore feelings of hunger or tiredness long enough to keep my attention on my work.
14. Mild feelings of illness usually don't distract me from my work.

-from *The Confident Student*, Carol Kanar, Houghton Mifflin Co., Boston, 1991.

For more information, visit or call your nearest Rutgers Learning Center, or visit our website: <http://rlc.rutgers.edu>

Camden
Armitage 231
856/225-6442

College Ave
Kreeger LRC
732/932-1443

Cook/Douglass
Loree 124
732/932-1660

Livingston
Tillett 111
732/445-0986

Newark
Conklin 126
973/353-5608

Time of day you are most alert	(items 1-3)
Your lighting preferences	(items 4-6)
Your temperature preferences	(items 7-9)
Your comfort with furnishings	(items 10-11)
Hunger, tiredness, illness effects	(items 12-14)

If you would like help creating a learning environment and schedule to complement your learning style, you can make an appointment at the front desk to see an Academic Coach.