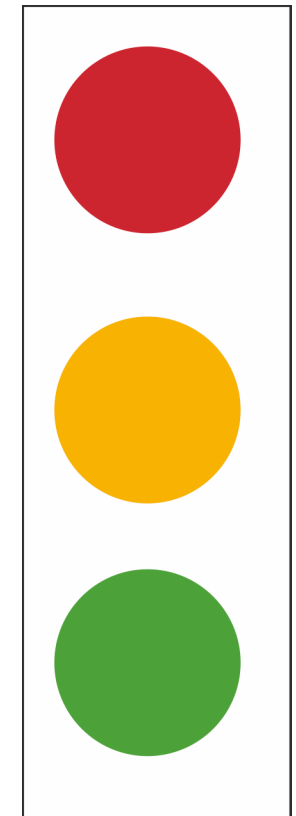


Learning about Managing Distractions

How well did I use
Distraction management in
my learning ?



I was off task
because

...

I ignored ...

...

I was absorbed in

...

I found my
mind drifting
when ...

I became
distracted when

...

I concentrated
on

...

I managed my
frustrations
when ...

I learned best
when