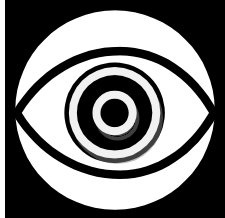






# FOCUS FACTORS

Consider a typical study session. Brainstorm what factors influencing your five senses—seeing, tasting, smelling, hearing, and touching—promote effective studying, and what factors hinder your efforts.

Sense	Help	Delay
		
		
		
		
		

Adapted from Hopper, C. (2007). *Practicing College Learning Strategies, fourth ed.* New York, NY: Houghton Mifflin Company.