


# Your Personal Profile

Place a mark on each continuum above the description that best fits.

<b>TIME</b>	When it comes to being at my best when learning, I am more of a
	
	morning person                      (no preference)                      night owl

Whenever possible, do your hardest things at your best time of day and your easiest things at your worst time of day. This one change alone can almost double your productivity.

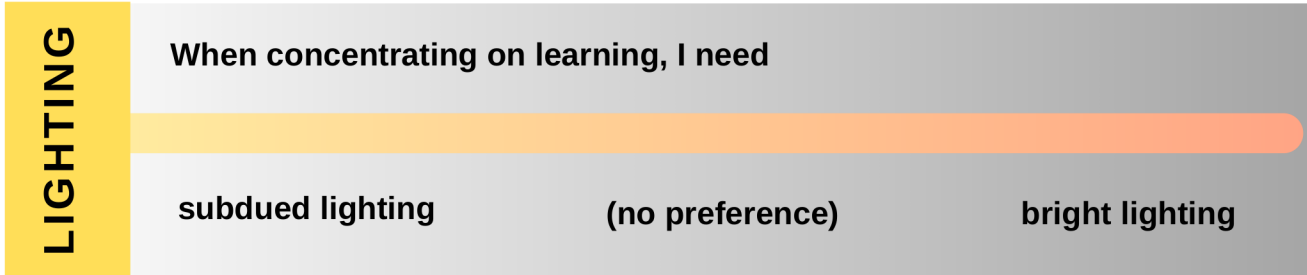
<b>DESIGN</b>	in order to be at my best when studying or working, I need an environment with a
	
	classic, formal design                      (no preference)                      informal, relaxed design

If you have to work in an environment that offers the opposite of what you need, look for small, discreet modifications you can make. For example, you can buy inexpensive seat pads or a lumbar cushion to put behind your back. Some teachers will allow a child to use a seat pad that rotates as long as it doesn't distract other students and they can prove they're paying attention in class.

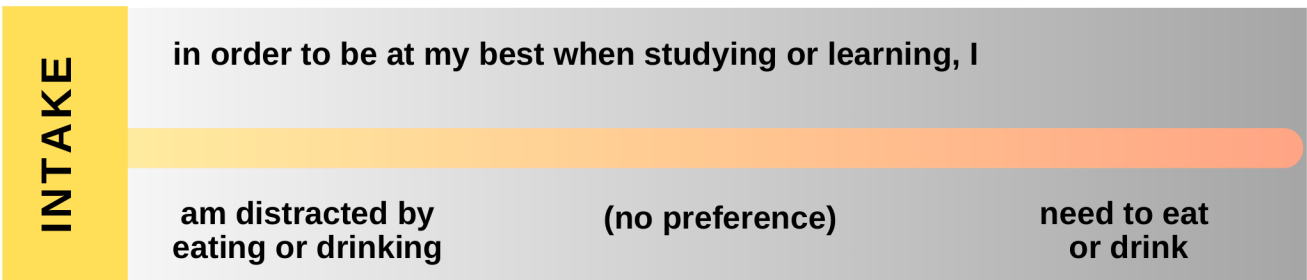
## Reclaiming Education

Cynthia Ulrich Tobias  
with Mary Jo Dean

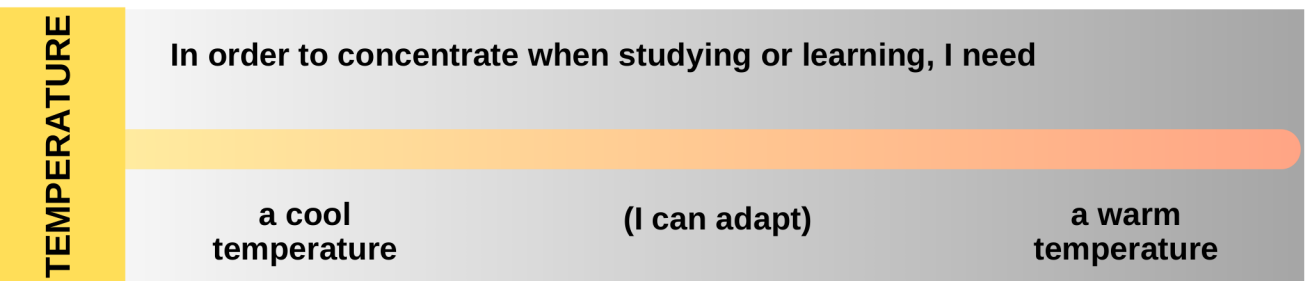
FOCUS ON THE FAMILY®



If you have no choice of lighting but do have a choice of seating, try looking for a corner of the room where the light makes it easier for you to concentrate.



Most school classrooms won't allow eating and drinking. But sometimes just putting a piece of hard candy discreetly in your mouth will temporarily satisfy the need for intake. If nothing at all is allowed, try to have a quick snack or drink right before class.



Most people can adapt to a room's temperature by putting on or taking off a layer of clothing, like a sweater. For those especially sensitive to the extremes, it's a good idea to come prepared for the worst and be braced for anything. Remember, awareness is half the battle. Knowing what you're up against somehow makes such issues less daunting.

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