

# STUDY SKILLS CHECKLIST

This checklist helps you to find out about your own study habits and attitudes. Read each statement and consider how it applies to you. If it does apply to you, check **Yes**. If it does not apply to you, check **No**.

**Yes**

**No**

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | I spend too much time studying for what I am learning.          |
| <input type="checkbox"/> | <input type="checkbox"/> | I usually spend hours cramming the night before an exam.        |
| <input type="checkbox"/> | <input type="checkbox"/> | I can't find a way to balance my study time and my social life. |

## *How I concentrate*

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | I usually study with the radio and or TV turned on.                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | I can't sit and study for long periods of time without becoming tired or distracted. |
| <input type="checkbox"/> | <input type="checkbox"/> | I go to class, but I usually doodle, daydream, or fall asleep.                       |

## *How I listen & take notes*

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | My class notes are sometimes difficult to understand later.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I usually seem to get the wrong material into my class notes. |
| <input type="checkbox"/> | <input type="checkbox"/> | I don't look at my class notes after I've taken them.         |

## *How I read my textbook*

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | When I get to the end of a chapter, I can't remember what I've just read.      |
| <input type="checkbox"/> | <input type="checkbox"/> | I don't know how to pick out what is important in the text.                    |
| <input type="checkbox"/> | <input type="checkbox"/> | I can't keep up with my reading assignments; I try to scan them before a test. |

## *How I understand what I read*

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | I often get lost in the details of reading and have trouble identifying the main ideas. |
| <input type="checkbox"/> | <input type="checkbox"/> | I don't usually change my reading speed when the text is difficult or unfamiliar.       |
| <input type="checkbox"/> | <input type="checkbox"/> | I often wish that I could read faster.  |

## *How I write essays and papers*

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | When teachers assign essays or papers, I can't seem to get started.            |
| <input type="checkbox"/> | <input type="checkbox"/> | I usually write my essays and papers the day before they are due.              |
| <input type="checkbox"/> | <input type="checkbox"/> | I can't seem to organize my thoughts into an essay or report that makes sense. |

## *How I do exams*

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | I often lose points on essay exams even when I know the material well.           |
| <input type="checkbox"/> | <input type="checkbox"/> | I study enough for my exam, but when I get to class my mind goes blank.          |
| <input type="checkbox"/> | <input type="checkbox"/> | I don't usually study in an organized way and I often worry about the next exam. |

Scoring two or more "yes" answers in a category shows where you need the most help.