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

☐  ☐ I spend too much time studying for what I am learning.
☐  ☐ I usually spend hours cramming the night before an exam.
☐  ☐ I can't find a way to balance my study time and my social life.

**How I Concentrate**

☐  ☐ I usually study with the radio and or TV turned on.
☐  ☐ I can't sit and study for long periods of time without becoming tired or distracted.
☐  ☐ I go to class, but I usually doodle, daydream, or fall asleep.

**How I Listen & Take Notes**

☐  ☐ My class notes are sometimes difficult to understand later.
☐  ☐ I usually seem to get the wrong material into my class notes.
☐  ☐ I don't look at my class notes after I've taken them.

**How I Read My Textbook**

☐  ☐ When I get to the end of a chapter, I can't remember what I've just read.
☐  ☐ I don't know how to pick out what is important in the text.
☐  ☐ I can't keep up with my reading assignments; I try to scan them before a test.

**How I Understand What I Read**

☐  ☐ I often get lost in the details of reading and have trouble identifying the main ideas.
☐  ☐ I don't usually change my reading speed when the text is difficult or unfamiliar.
☐  ☐ I often wish that I could read faster.

**How I Write Essays and Papers**

☐  ☐ When teachers assign essays or papers, I can't seem to get started.
☐  ☐ I usually write my essays and papers the day before they are due.
☐  ☐ I can't seem to organize my thoughts into an essay or report that makes sense.

**How I Do Exams**

☐  ☐ I often lose points on essay exams even when I know the material well.
☐  ☐ I study enough for my exam, but when I get to class my mind goes blank.
☐  ☐ 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.