

Study Skill Checklist

First make a print out of this document. Using your printout, read each statement and consider how it applies to you. If it does apply to you, check Y. If it does not apply to you, check N. The purpose of this inventory is to find out about your own study habits and attitudes.

1. Y__ N_x_ I spend too much time studying for what I am learning.
2. Y_x_ N__ I usually spend hours cramming the night before an exam.
3. Y__ N_x_ If I spend as much time on my social activities as I want to, I don't have enough time left to study, or when I study enough, I don't have time for a social life.
4. Y__ N_x_ I usually try to study with the radio and TV turned on.
5. Y__ N_x_ I can't sit and study for long periods of time without becoming tired or distracted.
6. Y__ N_x_ I go to class, but I usually doodle, daydream, or fall asleep.
7. Y__ N_x_ My class notes are sometimes difficult to understand later.
8. Y__ N_x_ I usually seem to get the wrong material into my class notes.
9. Y__ N_x_ I don't review my class notes periodically throughout the semester in preparation for tests.
10. Y__ N_x_ When I get to the end of a chapter, I can't remember what I've just read.
11. Y__ N_x_ I don't know how to pick out what is important in the text.
12. Y__ N_x_ I can't keep up with my reading assignments, and then I have to cram the night before a test.
13. Y__ N_x_ I lose a lot of points on essay tests even when I know the material well.
14. Y__ N_x_ I study enough for my test, but when I get there my mind goes blank.
15. Y__ N_x_ I often study in a haphazard, disorganized way under the threat of the next test.
16. Y__ N_x_ I often find myself getting lost in the details of reading and have trouble identifying the main ideas.

17. Y__ N_x_ I rarely change my reading speed in response to the difficulty level of the selection, or my familiarity with the content.

18. Y__ N_x_ I often wish that I could read faster.

19. Y_x_ N__ When my teachers assign papers I feel so overwhelmed that I can't get started.

20. Y_x_ N__ I usually write my papers the night before they are due.

21. Y__ N_x_ I can't seem to organize my thoughts into a paper that makes sense.

If you have answered "yes" to two or more questions in any category, look at our Study Skills Self-help Information for those categories. If you have one "yes" or less in a category, you are probably proficient enough in these areas that you don't need Self-help Information. Feel free, however, to get information in areas that you may have special interests, even if you scored well.

Time Scheduling - 1, 2, and 3.

Concentration - 4, 5, and 6.

Listening & Note taking - 7, 8, and 9.

Reading - 10, 11, and 12.

Exams - 13, 14, and 15.

Reading - 16, 17, and 18.

Writing Skills -19, 20, and 21.