

Study Habits Checklist

Read each statement and think about how it applies to you.
If it **does** apply to you, circle **Y**. If it **does not** apply to you, circle **N**.

1. Y N I spend too much time studying for what I am learning.
2. Y N I usually spend hours cramming the night before an exam.
3. Y N 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 I usually try to study with the radio and TV turned on.
5. Y N I can't sit and study for long periods of time without becoming tired or distracted.
6. Y N I go to class, but I usually doodle, daydream, or fall asleep.
7. Y N My class notes are sometimes difficult to understand later.
8. Y N I usually seem to get the wrong material into my class notes.
9. Y N I don't review my class notes regularly in preparation for tests.
10. Y N When I get to the end of a chapter, I can't remember what I've just read.
11. Y N I don't know how to pick out what is important in the text.
12. Y N I can't keep up with my reading assignments, and then I have to cram the night before a test.
13. Y N I lose a lot of points on essay tests even when I know the material well.
14. Y N I study enough for my test, but when I get there my mind goes blank.
15. Y N I often study in a haphazard, disorganized way under the threat of the next test.
16. Y N I often find myself getting lost in the details of reading and have trouble identifying the main ideas.
17. Y N I rarely change my reading speed in response to the difficulty level of the selection, or my familiarity with the content.
18. Y N I often wish that I could read faster.
19. Y N When my teachers assign papers I feel so overwhelmed that I can't get started.
20. Y N I usually write my papers the night before they are due.
21. Y N 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, this is a habit or skill on which you need to strengthen.

- 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.