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___ 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 periodically throughout the semester 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.