

# Study Skills Checklist

## *Improving Your Study Time*

The purpose of this inventory is 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 Y. If it does not apply to you, check 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 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.
16.  Y  N I often find myself getting lost in the details of reading and have trouble identifying the main ideas.

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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.

*COUNT # OF Y's* – Below are a list of categories (i.e. Time Scheduling). Count the number of Y's you answered for each category. For example, if you answered yes on questions 1 and 2, then you input a score of 2 for time scheduling. If you have answered "yes" to two or more questions in any category, then you will want to focus your attention on improving those areas. If you have one "yes" or less in a category, then you are probably proficient enough in these areas that you will not need to spend a great deal of time on improvement. If you are particularly interested in one or more categories, regardless of your score, then feel free to ask for more information.

\_\_\_ Time Scheduling – Q's 1, 2, and 3

\_\_\_ Concentration – Q's 4, 5, and 6

\_\_\_ Listening & Note taking – Q's 7, 8, and 9

\_\_\_ Reading – Q's 10, 11, and 12

\_\_\_ Exams – Q's 13, 14, and 15

\_\_\_ Reading – Q's 16, 17, and 18

\_\_\_ Writing Skills – Q's 19, 20, and 21

**AREAS THAT REQUIRE IMPROVEMENT IN ORDER TO MAXIMIZE MY STUDY TIME:**