

# STUDY SKILLS CHECKLIST

---

Read each statement and consider how it applies to you. If it does apply to you, circle "Y." If it does not apply to you, circle "N." The purpose of this inventory is to find out about your own study habits and attitudes.

Y N 1. I spend too much time studying for what I am learning.

Y N 2. I usually spend hours cramming the night before an exam.

Y N 3. If I spend as much time on my social activities as I want to, I don't have enough time for a social life.

Y N 4. I usually try to study by cramming the night before an exam.

Y N 5. I usually spend hours cramming the night before an exam.

Y N 6. I go to class, but I usually doodle, daydream, or fall asleep.

Y N 7. My class notes are sometimes difficult to understand later.

Y N 8. I usually seem to get the wrong material into my class notes.

Y N 9. I don't review my class notes periodically throughout the semester in preparation for tests.

Y N 10. When I get to the end of a chapter, I can't remember what I just read.

Y N 11. I don't know how to pick out what is important in the text.

Y N 12. I can't keep up with my reading assignments and then I have to cram the night before a test.

Y N 13. I lose a lot of point on essay tests even when I know the material well.

Y N 14. I study enough for my tests but when I get there, my mind goes blank.

Y N 15. I often study in a haphazard, disorganized way under the threat of the next test.

Y N 16. I often find myself getting lost in the details of reading and have trouble identifying the main ideas.

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

Y N 18. I often wish that I could read faster.

Y N 19. When my teachers assign papers, I feel so overwhelmed that I can't get started.

Y N 20. I usually write my papers the night before they are due.

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

**Scoring Categories:**

- Time Scheduling: 1, 2, 3
- Concentration: 4, 5, 6
- Listening & Note Taking: 7, 8, 9
- Reading: 10, 11, 12, 16, 17, 18
- Exams: 13, 14, 15
- Writing Skills: 19, 20, 21

If you have answered yes to 2 or more questions in any category, look at the study skills self-help information for those categories. If you have 1 yes or less in a category, you are probably proficient enough in these areas that you don't need self-help information.