

Study skills checklist

Read each statement below and consider if it applies to you. If it does, check *Y*; if it doesn't, 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 music or the 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 revise my class notes periodically throughout the term 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 a 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, disorganised 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 to write, 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 organise my thoughts into a paper that makes sense.
- 22. Y__ N__ I rarely read papers I have written for essays/assignments before I turn them in.
- 23. Y__ N__ I am often unsure about where to start and end paragraphs.
- 24. Y__ N__ I am usually not sure where I need punctuation marks, like commas or semicolons.
- 25. Y__ N__ I prefer not to work in a group.
- 26. Y__ N__ When I work in a group, I feel like I do most of the work.
- 27. Y__ N__ I don't speak much when I have to work in a group.

If you answered "yes" to two or more questions in any category, you should try to improve your skills in that area. If you have one or no "yes" in a category, you are probably proficient enough in that category:

Category	Questions
Time management	1, 2 and 3
Concentration	4, 5 and 6
Listening and note taking	7, 8 and 9
Reading	10, 11 and 12
Exams	13, 14 and 15
Reading	16, 17 and 18
Essay writing	19, 20 and 21
Editing and proofreading	22, 23 and 24
Working in groups	25, 26 and 27

Hopefully this has helped you to better understand your own study habits and attitudes. Be sure to look at the information and do the activities on the skills you could improve. You may also want to read more information in areas that you are interested in, even if you scored well.