

# Study Skills Checklist

We all learn differently, and we each have our own style of studying. No two people are exactly the same when it comes to study preferences. To get the most out of your studying, it's important to better understand what works for you, and what doesn't. Read each statement and determine if it applies to you. If it does, then mark Yes. If it doesn't, mark No. The purpose of this checklist is to provide you a basic self assessment of your study habits and attitudes, so you can identify study skills areas where you might want focus on improving.

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\* Required

1. I spend more time than necessary studying for what I am learning. \*

Yes

No

2. It's common for me to spend hours cramming the night before an exam. \*

Yes

No

3. If I dedicate as much time as I want to my social life, I don't have enough time left to focus on my studies, or when I study as much as I need to, I don't have time for my social life. \*

Yes

No

4. I often study with the TV or radio turned on. \*

Yes

No

5. I struggle to study for long periods of time without becoming distracted or tired. \*

Yes

No

6. I usually doodle, daydream, or fall asleep when I go to class. \*

Yes

No

7. Often the notes I take during class notes are difficult for me to understand later when I try and review them. \*

Yes

No

8. I often end up getting the wrong material into my class notes.

\*

Yes

No

9. I don't usually review my class notes from time to time throughout the semester in preparation for exams. \*

Yes

No

10. When I get to the end of a chapter in a textbook, I struggle to remember what I've just got done reading. \*

Yes

No

11. I struggle to identify what is important in the text. \*

Yes

No

12. I frequently can't keep up with my reading assignments, and consequently have to cram the night before a test. \*

Yes

No

13. For some reason I miss a lot of points on essay tests even when I feel well prepared and know the material well. \*

Yes

No

14. I study a lot for each test, but when I get to the test my mind draws a blank. \*

Yes

No

15. I often study in a sort of disorganized, haphazard way only motivated by the threat of the next test. \*

Yes

No

16. I frequently end up getting lost in the details of reading and have trouble identifying the main ideas and key concepts. \*

Yes

No

17. I don't usually change my reading speed in response to the difficulty level of what I'm reading, or my familiarity with the content. \*

Yes

No

18. I often wish that I was able read faster. \*

Yes

No

19. When my teachers assign me papers and projects I often feel so overwhelmed that I really struggle to get started. \*

Yes

No

20. More often than not I write my papers the night before they are due. \*

Yes

No

21. I really struggle to organize my thoughts into a logical paper that makes sense. \*

Yes

No

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