## 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. \*
- O Yes
- 🔿 No

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

🔵 Yes

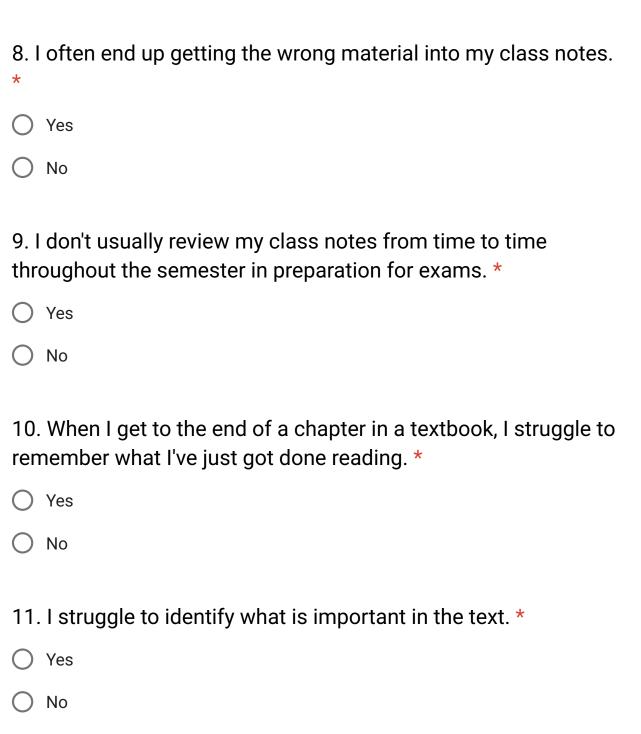
🔿 No

- 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



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. \*



🔿 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

	<ol> <li>I really struggle to organize my thoughts into a logical paper at makes sense. *</li> </ol>
С	) Yes
С	) No
A	copy of your responses will be emailed to dfisher@healthscienceshigh.com. SUBMIT

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