

STUDY SKILLS SELF-ASSESSMENT

Name _____ Date _____

STUDYING	Often	Sometimes	Rarely
1. I study where it is quiet and has few distractions.			
2. I study for a length of time then take a short break before returning to studying.			
3. I have all my supplies handy when I study, such as pens, paper, calculator, etc.			
4. I set study goals, such as the number of problems I will do or pages I will read.			
5. I study at least two hours for every hour I am in class each week.			

MANAGING YOUR TIME	Often	Sometimes	Rarely
6. I use a planner (or other method) to write down upcoming academic and personal activities.			
7. I use a "to do" list to keep track of completing my academic and personal activities.			
8. I start studying for quizzes and tests at least several days before I take them.			
9. I start papers and projects as soon as they are assigned.			
10. I have enough time for school and fun.			

TAKING NOTES	Often	Sometimes	Rarely
11. I take notes as I read my text books.			
12. I take notes during class lectures.			
13. I rework, rewrite, or type up my notes.			
14. I compare my notes with a classmate.			
15. I try to organize main ideas and details into a meaningful method.			

READING TEXT BOOKS	Often	Sometimes	Rarely
16. I browse the headings, pictures, charts, questions and summaries before I start reading a chapter.			
17. I make questions from a chapter before, during, and after reading it.			
18. I try to get the meaning of new words as I see them for the first time.			
19. I look for familiar concepts as well as ideas that spark my interest as I read.			
20. I look for the main ideas as I read.			

MEMORIZING	Often	Sometimes	Rarely
21. I try to study during my personal peak energy time to increase my concentration level.			
22. I quiz myself over material that could appear on future exams and quizzes.			
23. I say difficult concepts out loud in order to understand them better.			
24. I summarize my notes into my own words, for better understanding			
25. I try to create associations between new material I am trying to learn and information I already know.			

PREPARING FOR TESTS	Often	Sometimes	Rarely
26. I study with a classmate or group.			
27. When I don't understand something, I get help from tutors, classmates, and my instructors.			
28. I do all homework assignments and turn them in on time.			
29. I can easily identify what I have learned and what I have not yet learned before I take a test.			
30. I anticipate what possible questions may be asked on my tests and make sure I know the answers.			

SCORING: OFTEN = 10 SOMETIMES = 5 RARELY = 0

Put your score for each question on the appropriate blank. Add your total score for each area.

STUDYING:

1. _____ 2. _____ 3. _____ 4. _____ 5. _____ Total _____

MANAGING YOUR TIME:

6. _____ 7. _____ 8. _____ 9. _____ 10. _____ Total _____

TAKING NOTES:

11. _____ 12. _____ 13. _____ 14. _____ 15. _____ Total _____

READING A TEXT BOOK:

16. _____ 17. _____ 18. _____ 19. _____ 20. _____ Total _____

MEMORIZING:

21. _____ 22. _____ 23. _____ 24. _____ 25. _____ Total _____

PREPARING FOR TESTS:

26. _____ 27. _____ 28. _____ 29. _____ 30. _____ Total _____

A total score of **35-50**: This study skills area **seems solid**.

A total score of **0-34**: This study skills area **may need a boost**.