

## Study Skills Checklist

Student Name: \_\_\_\_\_

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

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 then I study enough, I don't have time for a social life.
4. **Y**      **N**      I usually try to study with radio and 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 review my class note periodically throughout the semester 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 the 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, disorganized 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 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 organize my thoughts into a paper that makes sense.

If you have answered "yes" to one or more questions in any category, look at our Study Skills Self-help Information for those categories <http://www.ucc.vt.edu/stdyhelp.html> . If you have no "yes" in a category, you are probably proficient enough in these areas that you don't need Self-help Information. Feel free, however, to get information in areas that you may have special interests, even in you scored well.

Time scheduling—1, 2 and 3  
Reading—10, 11 and 12  
Writing skills—19, 20, and 21

Concentration—4, 5 and 6  
Exams—13, 14 and 15

Listening and note-taking—7, 8 and 9  
Reading—16, 17 and 18