

STUDY SKILLS ASSESSMENT

Directions: Honestly score the following study statements:

1 = Rarely; 2 = Somewhat; 3 = Most all the time. Then total your responses.

	1	2	3
The majority of my study is done in a comfortable, quiet, well-lit place that is free of distractions.			
I know my peak study time during the day, and I match my studying to fit.			
After reading a segment of an assigned reading, I pause and ask myself questions about what I just read.			
I can process and readily recall information from my reading and my class lectures.			
I set both long-range and short-term study goals.			
I go over my lecture notes both before and shortly after a class lecture.			
I preview a reading assignment before I begin reading.			
I listen and concentrate carefully in class.			
I study regularly, even when I don't feel like it.			
I follow sound test-taking strategies.			
I have a consistent and easy-to-read system of taking notes.			
I faithfully set up a study schedule and stick with it.			
I am motivated to do the best I can in all my classes, even the ones that aren't my favorite.			
I go over my notes in a timely way to fill in what I missed, flesh out definitions, and rewrite them in my own words.			
I seek help if I need it.			
Total:			

If your total score is 40–45, your study habits seem to be on track.

If your total score is less than 40 OR if you have some statements where you gave yourself a 1, look at our Study Skills Assistance availability and consider meeting with one of our tutors.