

## Study Skill Checklist

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First make a print out of this document. Using your printout 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 when I study enough, I don't have time for a social life.
4. Y\_\_ N\_\_ I usually try to study with the 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 notes 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 two or more questions in any category, look at our Study Skills Self-help Information for those categories. If you have one "yes" or less 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 if you scored well.

Time Management

Concentration

Note taking

Reading.

Exams

Adapted with permission from Virginia Tech Cook Counseling Center