



# Academic Support Center

## Study Skills Checklist

Read each statement and determine if it applies to you. If it does, then check Y. If it doesn't, check N. The purpose of this checklist is to provide you a self-assessment of your study habits and attitudes and identify study skills areas where you might want to focus.

1. Y\_\_ N\_\_ I spend more time than necessary studying for what I am learning.
2. Y\_\_ N\_\_ It is common for me to spend hours cramming the night before an exam.
3. Y\_\_ N\_\_ 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.
4. Y\_\_ N\_\_ I often study with the TV or radio turned on.
5. Y\_\_ N\_\_ I struggle to study for long periods of time without becoming distracted or tired.
6. Y\_\_ N\_\_ I usually doodle, daydream, or fall asleep when I go to class.
7. Y\_\_ N\_\_ Often the notes I take during class are difficult for me to understand later when I try and review them.
8. Y\_\_ N\_\_ I often end up getting the wrong material into my class notes.
9. Y\_\_ N\_\_ I don't usually review my class notes from time to time throughout the semester in preparation for tests.
10. Y\_\_ N\_\_ When I get to the end of a chapter in a textbook, I struggle to remember what I've just got done reading.
11. Y\_\_ N\_\_ I struggle to identify what is important in the text.
12. Y\_\_ N\_\_ I frequently can't keep up with my reading assignments, and consequently have to cram the night before a test.



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13. Y\_\_ N\_\_ For some reason I miss a lot of points on essay tests even when I feel well prepared and know the material well.

14. Y\_\_ N\_\_ I study a lot for each test, but when I get to the test my mind draws a blank.

15. Y\_\_ N\_\_ I often study in a sort of disorganized, haphazard way only motivated by the threat of the next test.

16. Y\_\_ N\_\_ I frequently end up getting lost in the details of reading and have trouble identifying the main ideas and key concepts.

17. Y\_\_ N\_\_ 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.

18. Y\_\_ N\_\_ I often wish that I was able to read faster.

19. Y\_\_ N\_\_ When my teachers assign me papers and projects I often feel so overwhelmed that I really struggle to get started.

20. Y\_\_ N\_\_ More often than not I write my papers the night before they are due.

21. Y\_\_ N\_\_ I really struggle to organize my thoughts into a logical paper that makes sense.

## Categories

- Time Scheduling (1, 2, 3)
- Concentration (4, 5, 6)
- Listening and Note Taking (7, 8, 9)
- Reading (10, 11, 12)
- Tests (13, 14, 15)
- Writing Skills (19, 20, 21)