

STUDY SKILLS ASSESSMENT – Handout 1



Study Habit Survey

Read the items below and place a check mark by the ones that you think you need to improve upon or be more consistent with. Remember that you may check as many as you want.

- 1. I have a study schedule.
- 2. I have a quiet place to study.
- 3. I write down my assignments daily.
- 4. I prioritize and do the urgent assignments first.
- 5. I take advantage of the tutoring programs and other opportunities for help in my school.
- 6. I have a study buddy or study group.
- 7. I am honest with myself about why I didn't prepare well for a test.
- 8. I use a method like SPQ3R or some other method when reading texts.
- 9. I try to concentrate and take good notes.
- 10. I rewrite my notes or reorganize them before a test.
- 11. I have the fortitude to turn the TV off when I have to.
- 12. I read my notes and I review the text before each test.
- 13. I ask for clarification from teachers when I need it.
- 14. I can work without distractions in the place that I usually study.
- 15. I budget enough time each week to study well.

The list above is not an exhaustive one. Reading it may remind you of something else that you can do to study better. In the space below write down one thing that you will concentrate on during the next few weeks in order to improve your ability to study. Copy it somewhere else in a notebook or day planner to remind yourself to follow through with it.
