

Strategies for Student Success in Health Occupations
California Community College Health Care Initiative

Negative Self-talk Analysis

Directions: Check this list every day to see how many negative self-statements you make that interfere with effective study habits. Then, in the last column, write how you can reframe the statement or change the feeling to support effective study habits.

	✓	Negative Statement	Change
1.	a	I don't feel like studying	
	b	I'm hungry	
	c	I'm sleepy	
	d	I'm bored	
	e	I'm not in the mood to study	
2.	a	This material is too difficult	
	b	This course is too hard	
	c	I don't have the background for this	
	d	It's hopeless	
3.	a	I'll never need to know this	
	b	This is stupid stuff to spend time on	
4.	a	I don't need to study now	
	b	I studied this yesterday (in the past)	
	c	I can do it later	
	d	I have plenty of time to do this	
	e	If I study now, I'll forget it by test time	
5.	a	This is too much material to cover	
	b	I won't have time to finish it anyway	
	c	The teacher just expects too much	
6.	a	It doesn't make any difference whether I study or not	
	b	It's really no use to study	
	c	Studying doesn't help in this course	
7.	a	I don't like the teacher	
	b	The teacher doesn't care	
8.	a	I can't concentrate	
	b	My mind wanders too much	
	c	People distract me	
	d	I can't study here (or any other place...)	
9	a	I can't study now. I'll miss....	
	b	I have other things I need to do now	

Directions: Divide students into groups of three to four and give them 10-15 minutes to discuss their results with their group. Direct groups to formulate an action plan with built in support for the top three statements based on student input.

Source: http://www.scs.tamu.edu/selfhelp/elibrary/basic_study_techniques.asp