

Study Skills Checklist

Directions: Read each statement and consider how it applies to you and your study skills. If the statement does apply to you check *YES*. If the statement does not apply to you check *NO*.

	<i>Yes</i>	<i>No</i>	
1			I spend too much time studying for what I am learning.
2			I usually spend hours cramming the night before an exam.
3			If I spend as much time on my social (family, work) activities as I want to, I don't have enough time to study. If I study enough, I don't have enough time for a social (family, work) life.
4			I usually try to study with the radio or TV turned on.
5			I can't sit and study for long periods of time without becoming tired or distracted.
6			I go to class, but I usually doodle, daydream, or fall asleep.
7			My class notes are sometimes difficult to understand later.
8			I usually seem to get the wrong material into my class notes.
9			I don't review my class notes periodically throughout the semester in preparation for tests.
10			When I get to the end of a chapter, I can't remember what I've read.
11			I don't know how to pick out what is important in the text.
12			I can't keep up with my reading assignments, and then I have to cram the night before a test.
13			I lose a lot of points on essay tests even when I know the material well.
14			I study enough for my test, but when I get there my mind goes blank.
15			I often study in a haphazard, disorganized way under the threat of the next test.
16			I often find myself getting lost in the details of reading and have trouble identifying the main ideas.
17			I rarely change my reading speed in response to the difficulty level of the selection, or my familiarity with the content.
18			I often wish I could read faster
19			When my teachers assign papers, I feel so overwhelmed I can't get started.
20			I usually write my papers the night before they are due.
21			I can't seem to organize my thoughts into a paper that makes sense.

Source: <http://www.ucc.vt.edu/stdysk/checklis.html>

Interpretation: If you have answered *YES* to 2 or more questions in any category, access the website referenced at the foot of the page and look over *Study Skills Self-Help Information* for those categories. If you have answered *YES* to one or less in a category, you are probably proficient enough in the area, but may want to review the areas in which you perceive a special need. Keep up the good work!

Questions	Category
1, 2, 3	Time Scheduling
4, 5, 6	Concentration
7, 8, 9	Listening & Note Taking
10, 11, 12	Reading
13, 14, 15	Exams
16, 17, 18	Reading
19, 20, 21	Writing Skills

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