

Study Skills Check List

Answer Yes or No to the following questions to find the strengths and weaknesses in your study habits..

Scheduling Your Time

I spend too much time studying for what I learn.
I spend hours studying the night before an exam.
When I study as much as I need to I don't have a life.

Concentration

I study with the TV, radio or stereo on.
I can't study for long without becoming distracted or tired.
I usually daydream or let my mind wander in class.

Listening and Taking Notes

I can't understand later the notes I take in class.
I get the wrong material in my class notes.
I don't review my class notes when preparing for tests.

Reading

I can't remember what I've read after putting the material down.
I don't know how to pick out what is important.
I can't keep up with all of the reading.
I get lost in the details I have read and can't get the main ideas.
I don't change my reading speed no matter what the material or how hard I find it.
I wish I could read faster.

Exams

I lose a lot of points in essay questions, even if I know the material.
I study for my tests but my mind goes blank when it's time to take them.
I often study in a disorganized way just before a test.

Writing Skills

I feel overwhelmed when I have to write.
I write papers the night before they are due.
I can't organize my thoughts on paper.

Your Score

If you answered **Yes** to two or more questions in any category you should look at ways to improve those skills. Counsellors can provide you with resources that may help you improve your study habits or you may be able to get useful advice from another student who has developed successful study habits.