

Study Skill Checklist

Read each statement and consider how it applies to you. If it does apply to you, check [Y]. If it does not apply to you, check [N].
The purpose of this inventory is to find out about your own study habits and attitudes.

	Y	N	
1			I spend too much time for 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 activities as I want to, I don't have enough time left to study, or when I study enough, I don't have time for social 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 sometime 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 just 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 mid 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 that I could read faster.
19			When my teachers assign papers I feel so overwhelmed that 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

If you have answered "yes" to two or more questions in any category, Contact the LARC for help. If you have one "yes" or less in a category, you are probably proficient enough in these areas that you don't need Self-help Information. *The LARC is located at 223 Lawrence Center Phone: 610-436-2535*

Key:

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