

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.

1. Y\_\_ N\_\_ I spend too much time studying for what I am learning.
2. Y\_\_ N\_\_ I usually spend hours cramming the night before an exam.
3. Y\_\_ N\_\_ 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 a social life.
4. Y\_\_ N\_\_ I usually try to study with the radio and TV turned on.
5. Y\_\_ N\_\_ I can't sit and study for long periods of time without becoming tired or distracted.
6. Y\_\_ N\_\_ I go to class, but I usually doodle, daydream, or fall asleep.
7. Y\_\_ N\_\_ My class notes are sometimes difficult to understand later.
8. Y\_\_ N\_\_ I usually seem to get the wrong material into my class notes.
9. Y\_\_ N\_\_ I don't review my class notes periodically throughout the semester in preparation for tests.
10. Y\_\_ N\_\_ When I get to the end of a chapter, I can't remember what I've just read.
11. Y\_\_ N\_\_ I don't know how to pick out what is important in the text.
12. Y\_\_ N\_\_ I can't keep up with my reading assignments, and then I have to cram the night before a test.
13. Y\_\_ N\_\_ I lose a lot of points on essay tests even when I know the material well.
14. Y\_\_ N\_\_ I study enough for my test, but when I get there my mind goes blank.
15. Y\_\_ N\_\_ I often study in a haphazard, disorganized way under the threat of the next test.
16. Y\_\_ N\_\_ I often find myself getting lost in the details of reading and have trouble identifying the main ideas.
17. Y\_\_ N\_\_ I rarely change my reading speed in response to the difficulty level of the selection, or my familiarity with the content.
18. Y\_\_ N\_\_ I often wish that I could read faster.
19. Y\_\_ N\_\_ When my teachers assign papers I feel so overwhelmed that I can't get started.
20. Y\_\_ N\_\_ I usually write my papers the night before they are due.
21. Y\_\_ N\_\_ I can't seem to organize my thoughts into a paper that makes sense.

Name: \_\_\_\_\_

## Score Sheet

If you have answered "yes" to two or more questions in any category, find study skills help at your school's Academic Assistance Center, from your Tutor, Counselor, or self-help information for those categories. 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. Feel free, however, to get information in areas that you may have special interests, even if you scored well.

Category	Questions	I Need Help
Time Scheduling	1, 2, 3	YES or NO
Concentration	4, 5, 6	YES or NO
Listening & Note-Taking	7, 8, 9	YES or NO
Reading	10, 11, 12	YES or NO
Exams	13, 14, 15	YES or NO
Reading	16, 17, 18	YES or NO
Writing Skills	19, 20, 21	YES or NO

# Study Tips

Motivate yourself to get your work done!

Category	Study Tips
Time Scheduling	<ul style="list-style-type: none"><li>• <b>PRIORITIZE, PRIORITIZE, PRIORITIZE!</b> Get yourself a planner and schedule your daily and weekly activities; check them off as they are completed so that you feel a sense of accomplishment. Rank your activities by setting priority levels and make sure you add fun in your schedule to stay balanced!</li><li>• When scheduling your study session study in shorter sessions (long study sessions yield small results). For example, if you plan on studying 12 hours a week, break that time into four-three hour sessions or you can arrange it based on the length of days you have to get the job done.</li></ul>
Concentration	<ul style="list-style-type: none"><li>• Study in the same spot everyday and pick a place where you know that you'll be alert. Studying in bed can be a real distraction because your body is conditioned to sleep there.</li><li>• Sitting in first row in class helps you to stay focused because it heightens your accountability to your Instructor.</li></ul>
Listening & Note-Taking	<ul style="list-style-type: none"><li>• You can identify what's the most important information by listening for verbal cues which often include transition words and phrase like for example, most important, the result is, etc.</li><li>• Use the Cornell Method for note-taking, create and complete graphic organizers, and make flash cards for concepts, processes, and vocabulary words. Typing your written notes can help you commit <u>IMPORTANT ITEMS</u> to memory.</li></ul>
Reading	<ul style="list-style-type: none"><li>• To locate what's important in the text look for <b>ESSENTIAL WORDS</b>. <del>Cross out</del> all of the <b>adjectives</b> and <b>adverbs</b> then read the paragraph again. Find the <b>IMPORTANT WORDS</b> which usually are <b>verbs</b> and <b>nouns</b>!</li></ul>
Exams	<ul style="list-style-type: none"><li>• Ask your Instructor for old practice tests or create one for yourself.</li><li>• Pace yourself and study over the week or weekend. Do not try to study <b>"ONLY"</b> the night of the exam. This is a recipe for your mind to go blank when you read through the test items and answer choices the day of the exam.</li></ul>
Writing	<ul style="list-style-type: none"><li>• As soon as your instructor assigns you a topic for your essay start brainstorming. Ask yourself these questions; What do I already know? What do I need to know?</li><li>• <b><u>FORMATTING YOUR ESSAY IS KEY.</u></b> Remember to include a compelling introduction that includes your thesis, strong supporting paragraphs with evidence to support your thesis and claims, and a strong conclusion that restates your thesis.</li><li>• Make sure to <b>"REVISE"</b> and <b>"EDIT"</b> your essay before it is turned in.</li></ul>

**Name:** \_\_\_\_\_ **Class:** \_\_\_\_\_ **Topic:** \_\_\_\_\_

<b>Questions/ Key Points</b>	<b>Notes</b>
<b>Summary</b>	