



Study Skills Self-Assessment

The purpose of this checklist is to provide you with a basic self-assessment of your study habits and attitudes, so you can identify study skills areas where you might want to focus on improving. You don't need to share your answers with anyone else. Complete Step 1 before moving to Step 2.

Step 1:

Read each statement and determine if it applies to you. If it does, then mark Y. If it doesn't, mark N.

1. Y ___ N ___ I often cram for hours the night before a test.
2. Y ___ N ___ I can't balance studying and my social life. If I spend as much time as I'd like doing one, the other suffers.
3. Y ___ N ___ I spend a lot of time studying but I'm not learning as much as I should.
4. Y ___ N ___ When I'm in class, I spend a lot of my time daydreaming, doodling, or falling asleep.
5. Y ___ N ___ I become distracted or tired when I study for a long time.
6. Y ___ N ___ I usually study with the TV or radio turned on or listening to music.
7. Y ___ N ___ When I take notes in class, I often find they are hard to understand when I review them later.
8. Y ___ N ___ I don't often review my class notes during the semester when preparing for exams.
9. Y ___ N ___ I have a hard time putting the important information from a class lecture into my notes.
10. Y ___ N ___ I often can't keep up with reading assignments, and I try to cram before a test.
11. Y ___ N ___ I struggle to figure out what is important when reading a textbook.
12. Y ___ N ___ When I read a chapter in a textbook, I often can't remember what I've just got done reading.
13. Y ___ N ___ I don't do well on essay tests even when I feel well prepared and I know the material.
14. Y ___ N ___ I often study in a disorganized way, only motivated by the threat of the next test.
15. Y ___ N ___ I study a lot for each test, but when the test starts my mind goes blank.
16. Y ___ N ___ I wish I was able to read faster.
17. Y ___ N ___ I have trouble identifying main ideas and key concepts when I read, and I get lost in the details.
18. Y ___ N ___ I don't usually change my reading speed when the information is harder to grasp or when I'm familiar with the material.
19. Y ___ N ___ When I'm assigned papers and projects I often feel so overwhelmed that I struggle to get started on them.
20. Y ___ N ___ I'm not very good at organizing my thoughts into a logical paper that makes sense.
21. Y ___ N ___ I often write my papers the night before they're due.

Step 2:

The questions fall into one of six categories. The questions and the category to which they correlate are listed below. If you answered YES to more than one question in each category, this is an area you should work on to improve. If you just have one YES in a category, you're probably proficient enough that you don't need to focus on it.

- 1, 2, & 3: Time Management Skills
- 4, 5, & 6: Concentration Skills
- 7, 8, & 9: Listening & Note Taking Skills
- 10, 11, & 12: Reading Skills
- 13, 14, & 15: Test Taking
- 16, 17, & 18: Reading Skills
- 19, 20, & 21: Writing Skills

Using the above list, place a tick mark or check mark in the categories below for each "Yes" you had in the category. For any category where you have more than one "Yes", that's your cue that you'll want to work on improving that study skill. Guidelines for how to improve in each area are provided in the "Preparing to Learn" lesson.

Skill	"Yes"
Time Management	
Concentration	
Listening & Note Taking	
Reading	
Test Taking	
Writing	