



STUDY SKILLS CHECKLIST

Adapted from:
 Division of Student Affairs, Cook Counseling Center, Virginia Tech
 by
 2003 – 2006 TRIO Dissemination Partnership – Southeastern Louisiana University

Directions: Use this document to find out about your own study habits and attitudes. Read each statement and consider how it applies to you. If it does apply to you, circle the “Y”, if not, circle the “N.”

1. I spend too much time studying for what I am learning.	Y	N
2. I usually spend hours cramming the night before an exam.	Y	N
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 a social life.	Y	N
4. I usually try to study with the radio and TV turned on.	Y	N
5. I can't sit and study for long periods of time without becoming tired or distracted.	Y	N
6. I go to class, but I usually doodle, daydream, or fall asleep.	Y	N
7. My class notes are sometimes difficult to understand later.	Y	N
8. I usually seem to get the wrong material into my class notes.	Y	N
9. I don't review my class notes periodically throughout the semester in preparation for tests.	Y	N
10. When I get to the end of a chapter, I can't remember what I've just read	Y	N
11. I don't know how to pick out what is important in the text.	Y	N
12. I can't keep up with my reading assignments, and then I have to cram the night before a test.	Y	N
13. I lose a lot of points on essay tests even when I know the material well.	Y	N
14. I study enough for my test, but when I get there my mind goes blank.	Y	N
15. I often study in a haphazard, disorganized way under the threat of the next test.	Y	N

16. I often find myself getting lost in the details of reading and have trouble identifying the main ideas.	Y	N
17. I rarely change my reading speed in response to the difficulty level of the selection, or my familiarity with the content.	Y	N
18. I often wish that I could read faster.	Y	N
19. When my teachers assign papers I feel so overwhelmed that I can't get started.	Y	N
20. I usually start to write my papers the night before they are due.	Y	N
21. I can't seem to organize my thoughts into a paper that makes sense.	Y	N

SCORING:

See the chart below. If you have answered “yes” to two or more questions in any category, look at the Study Skills self-help Information at this Web site for those resources.

Virginia Tech’s Cook Counseling Center, Study Skills Self Help resources

<http://www.ucc.vt.edu/stdyhelp.html>

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

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.