

Study Skills Inventory

What are your study habits and attitudes? 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**.

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 them 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.

Scoring

Review your answers in the questions above. For questions where you checked Y (Yes), consider locating assistance with the matching skill below.

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

If you have answered "yes" to two or more questions in any skills category, visit **the Student Success Centre to schedule an Academic Support appointment**. You might also consider participating in one of our Academic Success Workshops offered through the Student Success Centre.

If you have one "yes" or less in a category, you are probably proficient enough in these areas and do not need extra information. Feel free, however to get information in areas that you may have special interests, even if you scored well.

Adapted from Virginia Tech's Cook Counseling Center
www.ucc.vt.edu/stdysk/checklis.html and

Academic Centers for Excellence <http://www.housing.sc.edu/ace/students.html>

