

Study Skill Checklist

First make a print out of this document. Using your printout, 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.

6. Y__ N__ I go to class, but I usually doodle, daydream, or fall asleep.