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| **Study Habits Checklist** |
| **Class Preparation** |
| 1. | I attend class regularly | ❑ Yes | ❑ No |
| 2. | I take organized and legible notes during class | ❑ Yes | ❑ No |
| 3. | I sit where I can see/hear what is going on in lectures | ❑ Yes | ❑ No |
| 4. | I come to class prepared, having completed the reading | ❑ Yes | ❑ No |
| 5. | I review and revise my notes soon after class | ❑ Yes | ❑ No |
| 6. | I get to class on time | ❑ Yes | ❑ No |
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| **Study Habits** |
| 7. | I have a study schedule with times set aside to study each subject | ❑ Yes | ❑ No |
| 8. | I set specific goals for each study session | ❑ Yes | ❑ No |
| 9. | I have a regular study area that is free of distractions | ❑ Yes | ❑ No |
| 10. | I take breaks when I study | ❑ Yes | ❑ No |
| 11. | I use my free time between classes for reading and reviewing | ❑ Yes | ❑ No |
| 12. | I work on more difficult classes first | ❑ Yes | ❑ No |
| 13. | I review older material first when studying for an exam | ❑ Yes | ❑ No |
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| **Reading** |
| 14. | I take notes as I read my assignments | ❑ Yes | ❑ No |
| 15. | I use index cards to write down important information and then review whenI’m “waiting” around | ❑ Yes | ❑ No |
| 16. | I skim headings and chapter introductions before I read the chapter | ❑ Yes | ❑ No |
| 17. | I read study questions and summaries before I read the chapter | ❑ Yes | ❑ No |
| 18. | I look for main ideas in what I read | ❑ Yes | ❑ No |
| 19. | I underline or highlight main ideas when I read | ❑ Yes | ❑ No |

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| **Exam Preparation** |
| 20. | I recite what I have read in order to understand it | ❑ Yes | ❑ No |
| 21. | When studying for exams, I review over several sessions | ❑ Yes | ❑ No |
| 22. | I study for exams at least 5 days in advance | ❑ Yes | ❑ No |
| 23. | I make up exam questions and answer them as I study | ❑ Yes | ❑ No |
| 24. | I make up exam questions using the same format the actual exam will use | ❑ Yes | ❑ No |
| 25. | I review for exams with a peer or small study group | ❑ Yes | ❑ No |
| 26. | I review for exams by explaining concepts to others | ❑ Yes | ❑ No |
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| **Time Management** |
| 27. | I plan sufficient time to get assignments done | ❑ Yes | ❑ No |
| 28. | I turn in all my assignments on time | ❑ Yes | ❑ No |
| 29. | I study on the weekends | ❑ Yes | ❑ No |
| 30. | I am motivated to do well | ❑ Yes | ❑ No |
| 31. | I set realistic goals and work to meet them | ❑ Yes | ❑ No |
| 32. | I set my priorities and stick to them | ❑ Yes | ❑ No |
| 33. | I assess my strengths and challenges in order to make positive changes | ❑ Yes | ❑ No |
| 34. | I seek help when necessary | ❑ Yes | ❑ No |
| 35. | I resist frequent distractions | ❑ Yes | ❑ No |
| 36. | I balance my study time with recreation and leisure time | ❑ Yes | ❑ No |
| 37. | I have a calendar of the semester and it is marked with exam dates, project due dates, and assignments.  | ❑ Yes | ❑ No |
| 38. | I keep a weekly schedule of my classes and activities | ❑ Yes | ❑ No |
| 39. | I use daily “to do” lists | ❑ Yes | ❑ No |
| 40. | I reward myself when I have successfully accomplished my study goals | ❑ Yes | ❑ No |