

Study Skills Assessment: To gain a better understanding of yourself as a learner, it is helpful to identify the study skills you use. You can determine which if your study skills needs a boost.

| <b>Reading Text Books</b>  |               |                  |              |
|--|---------------|------------------|--------------|
|  | <b>Rarely</b> | <b>Sometimes</b> | <b>Often</b> |
| 1. I browse the headings, pictures, chapter questions and summaries before I start reading a chapter |               |                  |              |
| 2. I make questions from a chapter before, during, and after reading it                              |               |                  |              |
| 3. I try to get the meaning of new words as I see them for the first time                            |               |                  |              |
| 4. I look for familiar concepts as well as ideas that spark interest as I read                       |               |                  |              |
| 5. I look for the main ideas as I read   |               |                  |              |

| <b>Taking Notes</b>  |               |                  |              |
|--|---------------|------------------|--------------|
|  | <b>Rarely</b> | <b>Sometimes</b> | <b>Often</b> |
| 6. I take notes as I read my text books                              |               |                  |              |
| 7. I take notes during class lectures                                |               |                  |              |
| 8. I rewrite or type up my notes                                     |               |                  |              |
| 9. I compare my notes with a classmate(s)                            |               |                  |              |
| 10. I try to organize main ideas and details into meaningful methods |               |                  |              |

| <b>Studying</b>   |               |                  |              |
|---|---------------|------------------|--------------|
|   | <b>Rarely</b> | <b>Sometimes</b> | <b>Often</b> |
| 11. I study where it is quiet and has few distractions                                |               |                  |              |
| 12. I study for a length of time then take a short break before returning to studying |               |                  |              |
| 13. I have all my supplies handy when I study (i.e. pens, calculator, books; etc.)    |               |                  |              |
| 14. I set study goals, such as the number of problems I will do or pages I will read  |               |                  |              |
| 15. I study at least two hours for every hour I am in class each week                 |               |                  |              |

Adapted from: University of Central Florida Student Academic Resource Center

| <b>Memorizing</b>   |               |                  |              |
|---|---------------|------------------|--------------|
|   | <b>Rarely</b> | <b>Sometimes</b> | <b>Often</b> |
| 16. I try to study during my personal peak time of energy to increase my concentration level              |               |                  |              |
| 17. I quiz myself over material that could appear on future exams   |               |                  |              |
| 18. I say difficult concepts out loud in order to understand them better                                  |               |                  |              |
| 19. I change my notes into my own words, for better understanding   |               |                  |              |
| 20. I try to create associations between new material I am trying to learn and information I already know |               |                  |              |

| <b>Preparing for Tests</b>   |               |                  |              |
|--|---------------|------------------|--------------|
|  | <b>Rarely</b> | <b>Sometimes</b> | <b>Often</b> |
| 21. I study with a classmate or group  |               |                  |              |
| 22. When I don't understand something, I get help from tutors, classmates, and my instructors      |               |                  |              |
| 23. I do all homework assignments and turn them in on time   |               |                  |              |
| 24. I can easily identify what I have learned and what I have not yet learned before I take a test |               |                  |              |
| 25. I anticipate what possible questions may be asked on my tests and make sure I know the answers |               |                  |              |

| <b>Managing your Time</b>  |               |                  |              |
|--|---------------|------------------|--------------|
|  | <b>Rarely</b> | <b>Sometimes</b> | <b>Often</b> |
| 26. I use a planner to write down upcoming academic and personal activities              |               |                  |              |
| 27. I use a "to-do" list to keep track of completing my academic and personal activities |               |                  |              |
| 28. I start studying for exam at least several days in advance                           |               |                  |              |

|   |  |  |  |
|---|--|--|--|
| 29. I start papers/ projects as soon as they are assigned |  |  |  |
| 30. I have enough time for school and fun                 |  |  |  |

**Scoring:      Rarely = 0                      Sometimes = 5                      Often = 10**

**Put your score for each question on the appropriate blank and add your total score for each area.**

**Reading a Text Book**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ Total \_\_\_\_\_

**Taking Notes**

6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_ 10. \_\_\_\_\_ Total \_\_\_\_\_

**Studying**

11. \_\_\_\_\_ 12. \_\_\_\_\_ 13. \_\_\_\_\_ 14. \_\_\_\_\_ 15. \_\_\_\_\_ Total \_\_\_\_\_

**Memorizing**

16. \_\_\_\_\_ 17. \_\_\_\_\_ 18. \_\_\_\_\_ 19. \_\_\_\_\_ 20. \_\_\_\_\_ Total \_\_\_\_\_

**Preparing for Tests**

21. \_\_\_\_\_ 22. \_\_\_\_\_ 23. \_\_\_\_\_ 24. \_\_\_\_\_ 25. \_\_\_\_\_ Total \_\_\_\_\_

**Managing your Time**

26. \_\_\_\_\_ 27. \_\_\_\_\_ 28. \_\_\_\_\_ 29. \_\_\_\_\_ 30. \_\_\_\_\_ Total \_\_\_\_\_

**A total score of 31-50:** This study skill area seems solid for you

**A total score of 0-30:** This study skill area may need some improvement