

Study Skills and Habits Questionnaire

Name _____

Date _____

Instructions: Please answer each question using the 5 point scale, to best reflect what you ACTUALLY DO or HAVE DONE as a student. The information can be used to help identify areas of strength and potential change, so be as open as you can be!

Scale: 1 = rarely or never like me 2 = not often like me 3 = sometimes like me
 4 = fairly like me 5 = a lot or always like me

Health Habits

- | | | | | | |
|---|---|---|---|---|---|
| 1. I eat healthy food every 3-4 hours, while awake. | 1 | 2 | 3 | 4 | 5 |
| 2. I sleep 7-8 hours on a regular schedule, at night.. | 1 | 2 | 3 | 4 | 5 |
| 3. I am physically active (exercise, sport, walking) for at least 5 hours/week. | 1 | 2 | 3 | 4 | 5 |
| 4. I have 30-60 minutes of unstructured down time, daily. | 1 | 2 | 3 | 4 | 5 |

Time Management

- | | | | | | |
|--|---|---|---|---|---|
| 1. I find it easy to stick to a study schedule. | 1 | 2 | 3 | 4 | 5 |
| 2. When I decide to study, I can start and keep going. | 1 | 2 | 3 | 4 | 5 |
| 3. I spread out my study time, to avoid cramming. | 1 | 2 | 3 | 4 | 5 |
| 4. I have enough time in my week to study. | 1 | 2 | 3 | 4 | 5 |
| 5. I spend more time on difficult courses. | 1 | 2 | 3 | 4 | 5 |
| 6. My on-line time is under control: it doesn't interfere with other things. | 1 | 2 | 3 | 4 | 5 |

Attitude

- | | | | | | |
|--|---|---|---|---|---|
| 7. I am able to study subjects that I don't really like. | 1 | 2 | 3 | 4 | 5 |
| 8. I like learning, not just the thought of a good job. | 1 | 2 | 3 | 4 | 5 |
| 9. I attend class. | 1 | 2 | 3 | 4 | 5 |

Concentration

- | | | | | | |
|--|---|---|---|---|---|
| 10. I concentrate well when studying. | 1 | 2 | 3 | 4 | 5 |
| 11. I listen attentively in class. | 1 | 2 | 3 | 4 | 5 |
| 12. I can focus my attention without too much effort. | 1 | 2 | 3 | 4 | 5 |
| 13. I work 50 minutes and then take a 10 minute break. | 1 | 2 | 3 | 4 | 5 |

Academic Stress

- | | | | | | |
|--|---|---|---|---|---|
| 14. I am comfortable in large classes. | 1 | 2 | 3 | 4 | 5 |
| 15. I am confident delivering class presentations. | 1 | 2 | 3 | 4 | 5 |
| 16. I am calm enough in an exam that I do my best. | 1 | 2 | 3 | 4 | 5 |
| 17. I think I will get passing grades. | 1 | 2 | 3 | 4 | 5 |

Goal Setting

- | | | | | | |
|---|---|---|---|---|---|
| 18. I set high standards for myself in school. | 1 | 2 | 3 | 4 | 5 |
| 19. I persist when the work is boring or challenging. | 1 | 2 | 3 | 4 | 5 |
| 20. I am up to date with assignments. | 1 | 2 | 3 | 4 | 5 |
| 21. I am satisfied with my grades. | 1 | 2 | 3 | 4 | 5 |
| 22. My course work relates to my future plans. | 1 | 2 | 3 | 4 | 5 |

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Preparation and Follow-Up

- 23. I download and read notes, or read texts before class. 1 2 3 4 5
- 24. I review notes shortly after class. 1 2 3 4 5
- 25. I stop reading periodically and check my understanding. 1 2 3 4 5
- 26. I make up and answer questions to test myself. 1 2 3 4 5
- 27. I refer to the course outline for the learning objectives. 1 2 3 4 5

Comprehension

- 28. I try to personally relate to information I am learning. 1 2 3 4 5
- 29. I connect ideas from one lecture to another. 1 2 3 4 5
- 30. I do review questions or practise problems. 1 2 3 4 5
- 31. I translate what I'm studying into my own words. 1 2 3 4 5
- 32. I relate course content to the learning objectives. 1 2 3 4 5

Selecting Main Ideas

- 33. I can find the main points in lectures. 1 2 3 4 5
- 34. I can summarize texts effectively (not get lost in details). 1 2 3 4 5
- 35. When problem-solving, I can identify relevant details. 1 2 3 4 5
- 36. My notes contain both main ideas and details. 1 2 3 4 5

Use of Resources

- 37. I am able and willing to ask for help when I need it. 1 2 3 4 5
- 38. I use "people-resources" available, when needed. 1 2 3 4 5
- 39. I use text, internet, or library resources, when needed. 1 2 3 4 5
- 40. I feel confident about my note-taking methods. 1 2 3 4 5
- 41. I attend review sessions when offered. 1 2 3 4 5

Exam Preparation

- 42. I separate my initial "learning" from my "studying". 1 2 3 4 5
- 43. I know what to study for an exam. 1 2 3 4 5
- 44. I feel confident in my study methods. 1 2 3 4 5
- 45. I answer practise questions to study. 1 2 3 4 5
- 46. I study in a group, or with a friend. 1 2 3 4 5
- 47. I adjust my study methods for different courses. 1 2 3 4 5

Exam Writing

- 48. I finish my exams in the allotted time. 1 2 3 4 5
- 49. I answer the exam questions I know best, first. 1 2 3 4 5
- 50. I map out an essay answer before writing. 1 2 3 4 5
- 51. I take enough time to understand what the problem asks. 1 2 3 4 5
- 52. I predicted exam questions well. 1 2 3 4 5
- 53. I studied enough for the exam. 1 2 3 4 5

Scoring Instructions

Items marked with 4's and 5's are your strengths...keep doing these things!

Items marked with 1's and 2's are weak areas...identify a few and start work today, towards a rating of 4 or 5.
Gradually shift your focus to other areas needing improvement.