

Study Habits Checklist

(adapted and revised from *Study Strategies Made Easy*)

The way you study for tests has a lot to do with your grades. While your study skills may be good, streamlining them so that you are even more efficient will enable you to earn grades that are even better. Answer the following questions as honestly as possible in order to gain a better understanding of your own study methods.

1. When do you generally study for tests?
 - a. _____ from the time the chapter/unit begins
 - b. _____ over several (more than 2) nights
 - c. _____ the night before the test
 - d. _____ just before the test (on the day of the test)
 - e. _____ not at all

2. On average, how much time do you spend studying for each of your tests?
 - a. _____ less than 15 minutes
 - b. _____ 15-30 minutes
 - c. _____ 30-60 minutes
 - d. _____ over an hour

3. What study techniques do you usually use?
 - a. _____ look over the chapter
 - b. _____ read over notes
 - c. _____ read the content over and over
 - d. _____ write new notes of the material
 - e. _____ use recall questions for review (self-created or from a study guide)
 - f. _____ use different memory techniques
 - g. _____ make up sentences/sayings to memorize
 - h. _____ have someone else ask quiz questions
 - i. _____ do nothing

4. Where do you normally study?
 - a. _____ in own bedroom
 - b. _____ in common area at home (living room, kitchen, etc.)
 - c. _____ at school
 - d. _____ at the public library
 - e. _____ other: _____

5. How quiet is your normal study area?
 - a. _____ very
 - b. _____ some noise
 - c. _____ extremely noisy

6. Right after you study, do you feel confident that you know the material?
 - a. _____ yes
 - b. _____ sometimes
 - c. _____ no

7. Right before tests, do you usually feel nervous?
 - a. _____ yes
 - b. _____ sometimes
 - c. _____ no

8. Do you recall the information during the test?
 - a. _____ yes
 - b. _____ sometimes
 - c. _____ no

9. Which types of questions are particularly difficult for you?
 - a. _____ multiple choice
 - b. _____ true/false
 - c. _____ fill-in-the-blank
 - d. _____ matching
 - e. _____ short answer
 - f. _____ essay

10. When you get your test grades, are they usually _____ better than, _____ worse than, or _____ about what you expected?

11. Which study strategies seem to be the most helpful? (See question 3 for ideas).

12. How could you change your study methods to get more successful test results?