Study Skills Checklist

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.

Concentration

4. Y __ N __ I usually try to study with the radio and TV turned on.

5. Y __ N __ I can't sit and study for long periods of time without becoming tired or distracted.

6. Y __ N __ I go to class, but I usually doodle, daydream, or fall asleep.

Listening and Note Taking

7. Y __ N __ My class notes are sometimes difficult to understand later.

8. Y __ N __ I usually seem to get the wrong material into my class notes.

9. Y __ N __ I don't review my class notes periodically throughout the semester in preparation for tests.

Reading

10. Y __ N __ When I get to the end of a chapter, I can't remember what I've just read.

11. Y __ N __ I don't know how to pick out what is important in the text.

12. Y __ N __ I can't keep up with my reading assignments, and then I have to cram the night before a test.

Testing and Exams

13. Y __ N __ I lose a lot of points on essay tests even when I know the material well.

14. Y __ N __ I study enough for my test, but when I get there my mind goes blank.

15. Y __ N __ I often study in a haphazard, disorganized way under the threat of the next test.

Reading
16. Y__ N__ I often find myself getting lost in the details of reading and have trouble identifying the main ideas.

17. Y__ N__ I rarely change my reading speed in response to the difficulty level of the selection, or my familiarity with the content.

18. Y__ N__ I often wish that I could read faster.

**Writing Skills**

19. Y__ N__ When my teachers assign papers I feel so overwhelmed that I can't get started.

20. Y__ N__ I usually write my papers the night before they are due.

21. Y__ N__ I can't seem to organize my thoughts into a paper that makes sense.

If you have marked Y on two or more questions in any category, look at our Study Skills Self-help Information for those categories. If you have one "yes" or less in a category, you are probably proficient enough in these areas that you don't need Self-help Information. Feel free, however, to get information in areas that you may have special interests, even if you scored well.

*Borrowed and modified from the Cook Counseling Center, Division of Student Affairs, Virginia Tech*

[https://www.ucc.vt.edu/academic_support/study_skills_information/study_skills_checklist.html](https://www.ucc.vt.edu/academic_support/study_skills_information/study_skills_checklist.html)