

Study Skills Inventory

Print this document before completing it. This exercise will identify some of your study habits and attitudes. While you may want to bring this inventory to the Learning Center or to an appointment with a counselor, it is designed just for you. Thoughtfully and honestly reflect on your study skills.

Check "Yes" if the statement applies to you. Check "No" if the statement does not apply to you.	Yes	No
I spend too much time studying for what I am learning.		
I go to class, but I usually doodle, daydream, or fall asleep.		
I sometimes have difficulty understanding my own class notes when I review them later.		
I am unable to remember what I have just read when I finish a chapter of text.		
I do not know how to pick out what is important in the text I read.		
I often wish that I could read faster.		
I am unable to keep up with my reading assignments, and then I have to cram the night before a test.		
I often find myself getting lost in the details of reading and have trouble identifying the main ideas.		
When I am assigned a paper, I feel so overwhelmed I am unable to get started.		
I usually write my papers the night before they are due.		
I seem unable to organize my thoughts on paper in a way that makes sense.		
I usually spend hours cramming the night before an exam.		
I study enough for my test, but when I get there my mind goes blank.		
I do <u>not</u> complete all assigned reading before I go to class.		
I do <u>not</u> read or preview a test before I begin.		
I do <u>not</u> take the full amount of time allotted for a test.		