

## Study Skills Inventory

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Name \_\_\_\_\_ Date \_\_\_\_\_

To gain a better understanding of yourself as a learner, it is helpful to identify the study skills you now employ. When compared to learners who get A's you can see where your study skills need refinement or are maximized just the way they are. The following diagnostic test is a short and quick device for assessing your study skills.

This is **not a timed test**. You surely may ask for assistance when and where you feel you need it. Answer each question as honestly as you can. There are 51 questions.

- Directions:**
1. Read each statement. Think carefully about each statement and respond as truthful as you can.
  2. Place an X in the column that best describes your study skill. For example, the first question is:

1. I formulate questions from a chapter before I begin reading that textbook chapter.

Almost Always	More than half of the time	About half of the time	Less than half of the time	Almost never
			X	

If, in your case, this happens to be true only sometimes, place an X as shown in the example.

## TEXTBOOK READING

1. I formulate questions from a chapter before, during, or after reading.
2. Before reading an assignment, I survey headings, bold print, italics, questions, summaries, etc.
3. I try to get the meaning of new terms as I encounter them the first time.
4. I formulate answers to questions I have made as I read an assignment.
5. I look for main ideas as I read.
6. I am able to readily identify clarifying details under each main idea.
7. I read a textbook chapter more than once.
8. I use a textbook study system such as SQ3R, OK5R, etc.

Almost Always	More than half of the time	About half of the time	Less than half of the time	Almost never

## NOTETAKING

9. I take notes as I read textbook assignments.
10. I take notes in lectures.
11. After taking notes, I review them before going on to something else.
12. I rewrite lecture notes.
13. I compare notes with one or more other students to check completeness and accuracy.




32. I keep up to date on assignments and homework.

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33. I eat well-balanced meals daily.

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34. I exercise daily.

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## CONCENTRATION

35. I study where it is quiet when trying to learn and remember something.

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36. I study for a length of time then take a short break before returning to studying.

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37. I study in the same place.

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38. I avoid cramming.

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39. I have all my study equipment handy to my study place (pens, paper, calculator, etc.)

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40. When I sit down to study, I tell myself that I intend to study.

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41. I break larger tasks into smaller segments in order to complete a large assignment.

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42. When the subject matter is not naturally interesting, I find ways to learn it anyway.

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43. It is not difficult to pay attention in class.

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44. I avoid studying in the evenings as much as possible.

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## TIME MANAGEMENT

45. I use a calendar book for recording daily and weekly upcoming academic and personal activities.

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46. I use lists such as daily "to do" lists, assignment lists, etc. to organize academic and personal activities.

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47. I set up a master schedule of fixed term activities such as work, club meetings, etc.

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48. I write out short-term and long-term academic goals.

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49. I start papers and projects way before they are due.

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50. I study at least 2 hours for every hour I am in class.

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Adapted with permission from Dennis Congo, Certified Supplemental Instruction Trainer, University Central Florida