

STUDY HABITS CHECKLIST Section: _____ Name: _____

	Almost Always	More Than Half the Time	About Half the Time	Less Than Half the Time	Almost Never
1. Do you keep up to date in your assignments? *					
2. Do you keep a written study schedule on which you show the time you plan to set aside each day for studying?					
3. Do you divide your study time among the various subjects to be studied?					

Physical Setting

4. Is the space on your study table or desk large enough? *					
5. Is your study desk or table kept neat, that is, free of distracting objects? *					
6. Do you study in a quiet place that is free from noisy disturbances?					
7. Do you study by yourself?					
8. When you sit down to study, do you have the equipment and materials you need?					

Preview

9. When you sit down to study, do you get settled quickly?					
10. Do you look the chapter over before reading it in detail?					
11. Before reading an assignment in detail, do you make use of any of the cues in the book such as headings, heavy print, pictures, etc.?					

Reading

12. As you read an assignment, do you have in mind questions which you are actually trying to answer?					
13. Can you find the main ideas in what you read? *					
14. Do you try to get the meaning of important new words? *					
15. Are you able to read without saying each word to yourself?					

Note-Taking

16. As you read, do you make notes?					
17. Do you review class notes as soon as possible after class?					

Remembering

18. Do you try to find a genuine purpose and goal for yourself as you study? *					
19. Do you find a genuine interest in the subjects that you study?					
20. Do you try to understand thoroughly all material to be remembered? *					
21. When studying material to be remembered, do you try to summarize it yourself?					
22. Do you distribute the study of a lengthy assignment over several study sessions?					
23. Do you try to relate what you are learning in one subject to what you are learning in other subjects?					

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Study Help	Almost Always	More Than Half the Time	About Half the Time	Less Than Half the Time	Almost Never
24. In addition to reading the book, do you read other materials for the course?					
25. When you have questions about your work, do you try to arrange to talk them over with your instructor?					
26. Do you discuss the content of the studies with others outside of class?					

Tests and Quizzes

27. Do you make specific preparations for tests and quizzes?					
28. In studying for a test or quiz, do you distribute your time over at least two sessions?					
29. Do you combine important notes from your textbook and from class into a new master outline in studying for a major examination?					
30. In preparing for an exam, do you review the important facts and principles?					
31. In studying for a test or quiz, do you attempt to predict exam questions?					
32. On the night before a test or quiz, do you go to bed about your usual time?					

Which questions did you answer almost always or more than half the time? They represent your strong points as a student. Write down their numbers.

Which ones did you mark less than half the time or almost never? These are your weak points. Write down their numbers

Now look back at each of the questions represented by these numbers on the checklist to see which you considered to be your three greatest strong points and the three greatest weak points. Name them briefly.

Strong Points

Weak Points

Now look at those questions in the checklist which are starred (1, 4, 5, 13, 14, 18, 20, 30). These questions are about practices which the best students in three colleges think are especially important. How many of these eight questions did you answer almost always or more than half the time? _____

Now give yourself 4 points for each mark in column 1 (almost always); 3 points for each mark in column 2 (more than half the time); 2 points for each mark in column 3 (about half the time); 1 point for each mark in column 4 (less than half the time); and no points for the marks in the last column (almost never).

Add these points and list your total score. _____

Compare your score with the average scores of the following:

	Boys	Girls
Senior High School Students (academic)	74	82
College Freshman	86	94

Now for the most important task. Go through the questions and note the ones dealing with the study habits in which you are weakest. Try to strengthen these habits.