

Assessment of Strengths and Areas for Growth

Test yourself on study skills such as time management, reading, note taking, and exam preparation.

Circle the appropriate number as follows:

1= rarely/never

2= sometimes

3= usually

How often do you:

1. Study in a quiet place, free of disturbances	1	2	3
2. Preview text before class: check headings, pictures, questions	1	2	3
3. Have questions in mind as you read the text	1	2	3
4. Highlight/underline in the text	1	2	3
5. Periodically summarize what you've read	1	2	3
6. Distribute lengthy assignments over several sessions	1	2	3
7. Generate questions from class notes	1	2	3
8. Review notes the same day as class	1	2	3
9. See your professor for help when confused by class material	1	2	3
10. Study with classmates or other students	1	2	3
11. Seek out or create practice questions for tests	1	2	3
12. Look through exams before you start writing	1	2	3
13. Study as you will be tested: recall & restate vs. recognize	1	2	3
14. Make a daily/weekly study and work schedule	1	2	3
15. Keep up-to-date in assignments	1	2	3
16. Attend all classes, labs and recitation sessions	1	2	3
17. Get plenty of exercise and rest	1	2	3
18. Eat a well-balanced diet	1	2	3
19. Do your best & set realistic goals for yourself	1	2	3
20. Believe you get the grades you deserve	1	2	3

Subtotals ---- + ---- + ----

Total = -----

- A score of 50-60 indicates strong study skills. Keep up the good work!
- A score of 35-50 indicates room to improve your study skills. Select one item from the "Sometimes" column and one item from the "Rarely" column and add both to your studying every day. After 2 weeks, evaluate whether your grades and comprehension of course material have improved. If they have improved, continue these strategies and select 2 more, one from each column, to apply daily. Continue implementing additional strategies until your grades are acceptable to you.
- A score of 20-35 indicates weak study skills. Ask your instructor, your adviser, your tutor, or a member of the Learning Center for some help and specific learning strategies.

**Study skills are the potentials for action;
Study behaviors are the actions themselves.**