

QUIZ: HOW CAN YOUR STUDY BETTER?

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

Add up your score: 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 2s and one item from the 3s 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, continue these strategies and repeat this step. Continue adding strategies until your grades are acceptable to you.

A score of 20-35 indicates weak study skills. Contact the Academic Center for Excellence for some help and specific learning strategies. Study skills are the potentials for action; study behaviors are the actions themselves.

Call or email us today!
603-230-4027
NHTIace@ccsnh.edu