Study Habits Checklist

Good study habits will boost your grade in every class. Review this skills inventory with your Academic Coach to determine where you struggle with managing your studies. Then work together to set new study goals!

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| N/A | **Always** | **N/A** | **Sometimes** | **N/A** | **Never** |
| 1. I study when I am fresh and alert. | 5 | 4 | 3 | 2 | 1 |
| 2. I concentrate well when I study. | 5 | 4 | 3 | 2 | 1 |
| 3. I study in the library. | 5 | 4 | 3 | 2 | 1 |
| 4. I study in a study lounge or study area. | 5 | 4 | 3 | 2 | 1 |
| 5. I take notes when I read class materials. | 5 | 4 | 3 | 2 | 1 |
| 6. I study with a partner who is serious about learning. | 5 | 4 | 3 | 2 | 1 |
| 7. I study with a group that is serious about learning. | 5 | 4 | 3 | 2 | 1 |
| 8. I study in the same place. | 5 | 4 | 3 | 2 | 1 |
| 9. I study the same times of day. | 5 | 4 | 3 | 2 | 1 |
| 10. I read material for the class period for which it is assigned | 5 | 4 | 3 | 2 | 1 |
| 11. I begin working on papers more than one day before they are due. | 5 | 4 | 3 | 2 | 1 |
| 12. I review my class notes within a few hours of taking them. | 5 | 4 | 3 | 2 | 1 |
| 13. I use my notes to quiz myself about course content. | 5 | 4 | 3 | 2 | 1 |
| 14. I study in my room. | 5 | 4 | 3 | 2 | 1 |
| 15. I study alone. | 5 | 4 | 3 | 2 | 1 |
| 16. I am easily distracted when I study. | 5 | 4 | 3 | 2 | 1 |
| 17. I study with my boyfriend/girlfriend. | 5 | 4 | 3 | 2 | 1 |
| 18. I study with food. | 5 | 4 | 3 | 2 | 1 |
| 19. I study while listening to music. | 5 | 4 | 3 | 2 | 1 |
| 20. I study/read while lying down. | 5 | 4 | 3 | 2 | 1 |
| 21. I often have difficulty reading or interpreting my notes. | 5 | 4 | 3 | 2 | 1 |

# Change Items

List specific, measurable changes that you can make in your current study habits over the rest of the semester.

1.

2.

3.