



STUDY SKILLS SELF ASSESSMENT

Name _____ Date _____

To gain a better understanding of yourself as a learner, it is helpful to identify the study skills you use. You can determine if your study skills need a boost or if they are fine just the way there are now. This informal inventory is a short and quick tool for assessing your study skills.

This is **not** a test, so please ask for assistance when/where you feel you need it. Answer each question as honestly as you can. There are 30 questions.

Directions:

1. Read each statement and think about it.
2. Place an X in the column that best describes your current level as it relates to the study statement.

Example....

READING TEXT BOOKS	Rarely	Sometimes	Often
1. I browse headings, pictures, chapter questions, and summaries before I read a chapter.		X	

If this statement happens to be true some of the time for you, then place an X as shown in the appropriate column (which is "sometimes").

At the end of the questionnaire, you will have a chance to self-score the results.

Give it a try! Remember...*Applying* what you learn from this questionnaire is the real key.



For more information about study skills, contact the
CONNECT TO SUCCESS OFFICE
 Room #1655 or dana.kobold@rrcc.edu or 303.914.6317

Content adapted from the University of Central Florida's
 Student Academic Resource Center

READING TEXT BOOKS	Rarely	Sometimes	Often
1. I browse the headings, pictures, charts, questions and summaries before I start reading a chapter.			
2. I make questions from a chapter before, during, and after reading it.			
3. I try to get the meaning of new words as I see them for the first time.			
4. I look for familiar concepts as well as ideas that spark my interest as I read.			
5. I look for the main ideas as I read.			

TAKING NOTES	Rarely	Sometimes	Often
6. I take notes as I read my text books.			
7. I take notes during class lectures.			
8. I rework, rewrite, or type up my notes.			
9. I compare my notes with a classmate.			
10. I try to organize main ideas and details into a meaningful method.			

STUDYING	Rarely	Sometimes	Often
11. I study where it is quiet and has few distractions.			
12. I study for a length of time then take a short break before returning to studying.			
13. I have all my supplies handy when I study, such as pens, paper, calculator, etc.			
14. I set study goals, such as the number of problems I will do or pages I will read.			
15. I study at least two hours for every hour I am in class each week.			

MEMORIZING	Rarely	Sometimes	Often
16. I try to study during my personal peak energy time to increase my concentration level.			
17. I quiz myself over material that could appear on future exams and quizzes.			
18. I say difficult concepts out loud in order to understand them better.			
19. I summarize my notes into my own words, for better understanding.			
20. I try to create associations between new material I am trying to learn and information I already know.			

PREPARING FOR TESTS	Rarely	Sometimes	Often
21. I study with a classmate or group.			
22. When I don't understand something, I get help from tutors, classmates, and my instructors.			
23. I do all homework assignments and turn them in on time.			
24. I can easily identify what I have learned and what I have not yet learned before I take a test.			
25. I anticipate what possible questions may be asked on my tests and make sure I know the answers.			

MANAGING YOUR TIME	Rarely	Sometimes	Often
26. I use a planner (or other method) to write down upcoming academic and personal activities.			
27. I use a "to do" list to keep track of completing my academic and personal activities.			
28. I start studying for quizzes and tests at least several days before I take them.			
29. I start papers and projects as soon as they are assigned.			
30. I have enough time for school and fun.			

SCORING: **RARELY = 0** **SOMETIMES = 5** **OFTEN = 10**

Put your score for each question on the appropriate blank and add your total score for each area.

READING A TEXT BOOK:

1. _____ 2. _____ 3. _____ 4. _____ 5. _____ Total _____

TAKING NOTES:

6. _____ 7. _____ 8. _____ 9. _____ 10. _____ Total _____

STUDYING:

11. _____ 12. _____ 13. _____ 14. _____ 15. _____ Total _____

MEMORIZING:

16. _____ 17. _____ 18. _____ 19. _____ 20. _____ Total _____

PREPARING FOR TESTS:

21. _____ 22. _____ 23. _____ 24. _____ 25. _____ Total _____

MANAGING YOUR TIME:

26. _____ 27. _____ 28. _____ 29. _____ 30. _____ Total _____

CHECK IT OUT:

A total score of **35-50**: This study skills area **seems** solid for you

A total score of **0-34**: This study skills area **may need** a boost