

The purpose of this inventory is to find out about your study habits. Read each statement and consider whether it applies to your study habits in general. Check **Y** if the statement does apply to you and **N** if the statement does not.

	Y	N	
Time Management	<input type="checkbox"/>	<input type="checkbox"/>	I spend a lot of time studying for what I am learning.
	<input type="checkbox"/>	<input type="checkbox"/>	I find myself spending hours cramming the night before an exam.
	<input type="checkbox"/>	<input type="checkbox"/>	I spend as much time as I want on my social activities, but I don't have enough time left to study; when I study enough, I don't have time for a social life.
Studying	<input type="checkbox"/>	<input type="checkbox"/>	I keep the radio or the TV on when I study.
	<input type="checkbox"/>	<input type="checkbox"/>	I find it difficult to sit and study for long periods of time without becoming tired or distracted.
	<input type="checkbox"/>	<input type="checkbox"/>	I go to class, but I find myself doodling, daydreaming or falling asleep.
Listening & Note Taking	<input type="checkbox"/>	<input type="checkbox"/>	My lecture notes are sometimes difficult for me to understand later.
	<input type="checkbox"/>	<input type="checkbox"/>	I find that I seem to get the wrong material into my class notes.
	<input type="checkbox"/>	<input type="checkbox"/>	I don't review my class notes regularly.
Reading	<input type="checkbox"/>	<input type="checkbox"/>	When I get to the end of a chapter, I often find myself struggling to remember what I've just read.
	<input type="checkbox"/>	<input type="checkbox"/>	I am unsure of how to pick out what is important information when I am reading the course text.
	<input type="checkbox"/>	<input type="checkbox"/>	I can't keep up with my reading assignments and find myself cramming the night before the test.
	<input type="checkbox"/>	<input type="checkbox"/>	I often find myself getting lost in the details of reading and have trouble identifying the main ideas.
	<input type="checkbox"/>	<input type="checkbox"/>	I rarely change my reading speed in response to the difficult level of the selection or my familiarity with the context.
Testing	<input type="checkbox"/>	<input type="checkbox"/>	I often wish that I could read faster.
	<input type="checkbox"/>	<input type="checkbox"/>	I lose points on essay tests even when I know the material well.
	<input type="checkbox"/>	<input type="checkbox"/>	I study enough for my tests, but when I get there, my mind goes blank.
Writing	<input type="checkbox"/>	<input type="checkbox"/>	I often study in a haphazard and disorganized way when I know there's an upcoming exam.
	<input type="checkbox"/>	<input type="checkbox"/>	When my teachers assign papers, I feel so overwhelmed that I can't get started.
	<input type="checkbox"/>	<input type="checkbox"/>	I usually write my papers the night before they are due.
	<input type="checkbox"/>	<input type="checkbox"/>	I can't seem to organize my thoughts into a paper that makes sense.

If you answered **Y** to two or more questions within a category, it may be helpful to further examine that area. Take a look at some of the idea sheets within those areas for more ideas and tactics to improve your study habits.

Adapted from Virginia Tech – Study Skill Checklist