

# Study Skills Inventory

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