

Study Habits Checklist

Time Management		
1	I have a study schedule with times set aside to study each subject	Yes No
2	I balance my study time with recreation and leisure time	Yes No
3	I have a calendar of the semester and it is marked with exam dates, project due dates, and assignments	Yes No
4	I use my free time between classes for reading or reviewing	Yes No
5	I keep a weekly schedule of my classes and activities	Yes No
6	I use daily "to do" lists	Yes No
7	I study on the weekends	Yes No
Class Attendance & Participation		
8	I attend class regularly	Yes No
9	I get to class early or on time	Yes No
10	I come to class prepared, having completed the reading	Yes No
11	I sit where I can see/hear what is going on in lectures	Yes No
General Study Strategies		
12	I plan sufficient time to get assignments done	Yes No
13	I turn in all assignments on time	Yes No
14	I use index cards to write down important information and then review information when I am "waiting" around	Yes No
15	I work on more difficult classes first	Yes No
16	I set specific goals for each study session	Yes No
17	I have a regular study area that is free of distractions	Yes No
18	I take breaks when I study	Yes No
Exam Preparation		
19	I review older material first when studying for an exam	Yes No
20	When studying for exams, I review over several sessions	Yes No
21	I study for exams at least 5 days in advance	Yes No
22	I make up exam questions and answer them as I study	Yes No
23	I make up exam questions using the same format that the exam will use	Yes No
24	I review for exams with a peer or a small study group	Yes No
25	I review for exams by explaining concepts to others	Yes No
Goal Setting & Motivation		
26	I am motivated to do well	Yes No
27	I set realistic goals and work to meet them	Yes No
28	I set my priorities and stick to them	Yes No
29	I assess my strengths and challenges in order to make positive changes	Yes No
30	I seek help when necessary	Yes No
31	I resist frequent distractions	Yes No
32	I reward myself when I have successfully accomplished my study goals	Yes No
Textbook Reading		
33	I skim headings and chapter introductions before I read the chapter	Yes No
34	I read study questions and summaries before I read the chapter	Yes No
35	I look for main ideas in what I read	Yes No
36	I underline or highlight main ideas when I read	Yes No
37	I reread what I have read in order to understand	Yes No
Note-Taking		
38	I take organized and legible notes during class	Yes No
39	I review and revise my notes soon after class	Yes No
40	I take notes as I read my assignments	Yes No