

Study Habits Checklist

Time Management

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|---|-----|----|
| 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 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

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| 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 |
| 12. I am an active note-taker, thinking about class material as I take notes | Yes | No |

General Study Strategies

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|---|-----|----|
| 13. I plan sufficient time to get assignments done | Yes | No |
| 14. I turn in all assignments on time | Yes | No |
| 15. I make flash cards with important information and then review them when I am "waiting" around | Yes | No |
| 16. I work on more difficult classes or assignments first | Yes | No |
| 17. I set specific goals for each study session | Yes | No |
| 18. I have a regular study area that is free of distractions | Yes | No |
| 19. I take breaks when I study | Yes | No |

Exam Preparation

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|---|-----|----|
| 20. I review older or more challenging material first when studying for an exam | Yes | No |
| 21. When studying for exams, I review over several sessions and several days | Yes | No |
| 22. I study for exams at least 5 days in advance | Yes | No |
| 23. I make up exam questions and answer them as I study | 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

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|--|-----|----|
| 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

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|---|-----|----|
| 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 and jot those down | Yes | No |
| 36. I underline or highlight main ideas when I read | Yes | No |
| 37. I recite when I have read in order to understand it | Yes | No |

Note-Taking

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|---|-----|----|
| 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 |