

Name _____ Date _____

To gain a better understanding of yourself as a learner, it is helpful to identify the study skills you now employ. When compared to learners who get A's, you can see where your study skills need refinement or are maximized just the way they are. The following diagnostic test is a short and quick device for assessing your study skills.

Directions:

1. Read each statement. Think carefully about each statement and respond as truthfully as you can.
2. Place an X in the column that best describes your study skill.

	Almost Always	More than half of the time	About half of the time	Less than half of the time	Almost never
TEXTBOOK READING					
1. Before reading an assignment, I survey headings, bold print, italics, questions, summaries, etc.					
2. I evaluate my own knowledge about the textbook information before I begin reading					
3. I try to get the meaning of new terms as I encounter them the first time					
4. I formulate questions to answer as I read an assignment					
5. I look for main ideas as I read					
6. I am able to readily identify clarifying details under each main idea					
7. I read a textbook chapter more than once					
8. I use a reading strategy such as SQ3R, OK5R, etc.					
NOTETAKING					
9. I take notes as I read textbook assignments					
10. I take notes during lectures					
11. After taking notes, I review them					
12. I rewrite lecture notes.					
13. I compare notes with other students to check completeness and accuracy.					
MEMORY					
14. I review notes more than once or twice for exams and quizzes					
15. I use mnemonics techniques to help remember information					
16. I use visuals in my notes such as sketches, mind maps, diagrams, charts, etc.					
17. I quiz myself over material that could appear on future exams and quizzes.					
18. I organize details to main ideas into numbered or lettered lists.					
19. I rewrite text and lecture material in my own terms					
20. I think about material that could be on exams and quizzes when I am not studying.					
21. I try to <i>understand</i> material in my notes as opposed to memorizing.					

22. I try to organize main ideas and details into some logical or meaningful order.					
TEST PREPARATION					
23. I study with a classmate or group.					
24. When I don't understand something, I get help from classmates, tutors, instructors, etc.					
25. I complete all homework assignments.					
26. I turn in all homework assignments on time.					
27. I can easily identify what I have learned and what I have not yet learned before I take a test.					
28. I review notes for a class before I go to that class.					
29. I read assigned material before I go to class.					
30. I begin studying for an exam from the first week material is assigned or covered in lecture.					
31. I review lecture notes soon after class.					
32. I keep up to date on assignments and homework.					
33. I eat well-balanced meals daily.					
34. I focus on a healthy lifestyle					
35. I have taken a learning skills class have experience with being taught specific study skills					
CONCENTRATION					
36. I study where it is quiet and distractions are minimalized					
37. I study for a length of time then take a short break before returning to studying.					
38. I study in the same place.					
39. I avoid cramming.					
40. I have all my study equipment handy to my study place (pens, paper, calculator, etc.)					
41. When I sit down to study, I tell myself that I intend to study.					
42. I break larger tasks into smaller segments in order to complete a large assignment.					
43. When the subject matter is not naturally interesting, I find ways to learn it anyway.					
44. It is not difficult to pay attention in class.					
45. I prioritize my studying before other personal activities					
TIME MANAGEMENT					
46. I routinely use a calendar book for recording daily and weekly upcoming academic and personal activities.					
47. I use lists such as daily "to do" lists, priority lists, assignment lists, etc. to organize academic and personal activities.					
48. I set up a master schedule of fixed monthly activities such as work, club meetings, etc.					
49. I write out short-term and long-term academic goals.					
50. I start papers and projects way before they are due.					
51. I plan a certain period of time each night for studying					

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For each statement, find the point value for each of your responses and place it on the line next to the corresponding statement number below. Next, total each of the columns to determine your study skills efficacy score.

Almost Always = 5 points

More than half of the time = 4 points

About half of the time = 3 points

Less than half of the time = 2 points

Almost never = 1 point

STUDY SKILLS EFFICACY SCORES

TEXTBOOKS	NOTETAKING	MEMORY	TEST PREP	CONCENTRATION	TIME MGMT
Question Number Points	Question Number Points	Question Number Points	Question Number Points	Question Number Points	Question Number Points
1.	9.	14.	23.	36.	46.
2.	10.	15.	24.	37.	47.
3.	11.	16.	25.	38.	48.
4.	12.	17.	26.	39.	49.
5.	13.	18.	27.	40.	50.
6.		19.	28.	41.	51.
7.		20.	29.	42.	
8.		21.	30.	43.	
		22.	31.	44.	
		32.	45.		
			33.		
			34.		
			35.		
Textbook Skills Score	Notetaking Skills Score	Memory Skills Score	Test Preparation Skills Score	Concentration Skills Score	Time Management Skills Score
Less than a score of 30 suggests changes in textbook reading skills are likely to increase your grades	Less than a score of 20 suggests changes in notetaking skills are likely to increase your grades	Less than a score of 30 suggests changes in memory skills are likely to increase your grades	Less than a score of 40 suggests changes in test preparation skills are likely to increase your grades	Less than a score of 35 suggests changes in concentration skills are likely to increase your grades	Less than a score of 20 suggests changes in time management skills are likely to increase your grades

List the two study skills topics that you need to improve in order to be successful in class.

What strategy can you use in order to help you make improvements with your study skills?