

Studying Inventory

The purpose of this inventory is to help be aware of your study habits and attitudes. Read each statement and check Yes or No, then follow the directions on the next page.

1. Y__ N__ I spend too much time studying compared to what I actually learn as a result.
2. Y__ N__ I usually wait to study and then cram the night before an exam.
3. Y__ N__ When I spend as much time on my social activities as I'd like to I don't have enough time to study, and when I study as much as I think I should I don't have time for my social life.
4. Y__ N__ I get easily tired or distracted when I sit and study for extended periods of time.
5. Y__ N__ I go to class, but often doodle, daydream, or fall asleep.
6. Y__ N__ When I get to the end of a chapter (or even before), I can't remember what I've just read.
7. Y__ N__ I often seem to write the wrong information in my class notes compared to what I need later.
8. Y__ N__ My class notes are often difficult or confusing for me to understand later on.
9. Y__ N__ Once written, I don't usually look at my notes again until just before a test.
10. Y__ N__ I have a hard time picking out what is important in my readings. I highlight all of it or none.
11. Y__ N__ I can't keep up with my reading assignments or I avoid them because they seem too long.
12. Y__ N__ Some textbooks are okay (e.g. lots of headings and topics) but those that are dense and wordy, and with few breaks, are difficult for me to understand or remember.
13. Y__ N__ I often lose points on essay tests even when I think I know the material well.
14. Y__ N__ I study enough for my test, but when I get there my mind goes blank.
15. Y__ N__ I often study in a haphazard, disorganized way under the threat of the next (or another) test.
16. Y__ N__ With papers I often have a hard time getting started.
17. Y__ N__ I usually write my papers the night before they are due.
18. Y__ N__ I have a hard time organizing my thoughts on paper in a logical, coherent way.

Scoring: Total up the number of Yes's in each category below. This will indicate what areas need strengthening.

AREA	ITEMS	NUMBER OF YES'S
Time, Scheduling	Items 1, 2 and 3	_____
Concentration	Items 4, 5 and 6	_____
Listening & Note taking	Items 7, 8 and 9	_____
Reading	Items 10, 11 and 12	_____
Exams	Items 13, 14 and 15	_____
Writing	Items 16, 17 and 18	_____

Based on the inventory you have just taken, what are some specific skills you would like to improve?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____