

Study Habits Inventory

Study Habit Inventory: Check List for Learning More with Less Effort

Y N NI* (NI = Needs Improvement)

1. ___ ___ ___ Have I outlined a weekly study schedule for myself?
2. ___ ___ ___ Have I asked people to be considerate of my need to study?
3. ___ ___ ___ Is my study free of distractions?
4. ___ ___ ___ Do I mask distracting sound with soft music or some other steady background noise?
5. ___ ___ ___ Have I arranged good lighting?
6. ___ ___ ___ Do I study in the same place each time?
7. ___ ___ ___ Do I avoid studying one subject too long?
8. ___ ___ ___ Have I determined my concentration span and set up study segment geared to my present ability?
9. ___ ___ ___ Do I take short breaks after study segments and a long break each hour?
10. ___ ___ ___ Can I distinguish between reading for interest and studying?
11. ___ ___ ___ Do I aim studying towards passing tests?
12. ___ ___ ___ As I read, do I look for possible test questions and answers?
13. ___ ___ ___ Do I practice tests to prove how much I've learned and to prepare for examinations?
14. ___ ___ ___ Do I always attend class?
15. ___ ___ ___ Am I active in finding out exactly what will be expected of me during the course?
16. ___ ___ ___ Do I have a notebook for each course and do I take good notes?
17. ___ ___ ___ Do I view tests and notes as a source of exam questions?