STUDY SKILLS QUESTIONNAIRE

READING TEXTBOOKS
1. I browse the headings, pictures, chapter questions and summaries before I start reading a chapter.  
   RARELY  SOMETIMES  OFTEN
2. I make questions from a chapter before, during, and after reading it. 
3. I try to get the meaning of new words as I see them for the first time. 
4. I look for familiar concepts as well as ideas that spark my interest as I read. 
5. I look for the main ideas as I read. 
6. I take notes as I read my text books. 
7. I take notes during class lectures. 
8. I rewrite or type up my notes. 
9. I compare my notes with a classmate. 
10. I try to organize main ideas and details into a meaningful method.

TAKING NOTES
11. I study where it is quiet and has few distractions. 
12. I study for a length of time then take a short break before returning to studying. 
13. I have all my supplies handy when I study, such as pens, paper, calculator, etc. 
14. I set study goals, such as the number of problems I will do or pages I will read. 
15. I study at least two hours for every hour I am in class each week.

STUDYING
16. I try to study during my personal peak time of energy to increase my concentration level. 
17. I quiz myself over material that could appear on future exams and quizzes. 
18. I say difficult concepts out loud in order to understand them better. 
19. I change my notes into my own words, for better understanding. 
20. I try to create associations between new material I am trying to learn and information I already know.

MEMORIZING
21. I try to study during my personal peak time of energy to increase my concentration level. 
22. I quiz myself over material that could appear on future exams and quizzes. 
23. I say difficult concepts out loud in order to understand them better. 
24. I change my notes into my own words, for better understanding. 
25. I try to create associations between new material I am trying to learn and information I already know.

PREPARING FOR TESTS
26. I study with a classmate or group. 
27. When I don’t understand something, I get help from tutors, classmates, and my instructors. 
28. I do all homework assignments and turn them in on time. 
29. I can easily identify what I have learned and what I have not yet learned before I take a test. 
30. I anticipate what possible questions may be asked on my tests and make sure I know the answers.

MANAGING YOUR TIME
31. I use a calendar book to write down upcoming academic and personal activities. 
32. I use a “to do” list to keep track of completing my academic and personal activities. 
33. I start studying for quizzes and tests at least several days before I take them. 
34. I start papers and projects as soon as they are assigned. 
35. I have enough time for school and fun.

ADAPTED FROM: UNIVERSITY OF CENTRAL FLORIDA’S STUDENT ACADEMIC RESOURCE CENTER
STUDY SKILLS QUESTIONNAIRE SCORING

Put your score for each question on the appropriate blank and add your total score for each area.

Scoring
Rarely = 0    Sometimes = 5    Often = 10

Reading a Textbook:
1  2  3  4  5
Total ______

Memorizing:
16  17  18  19  20
Total ______

Taking Notes:
6  7  8  9  10
Total ______

Preparing for Tests:
21  22  23  24  25
Total ______

Studying:
11  12  13  14  15
Total ______

Managing Your Time:
26  27  28  29  30
Total ______

A total score of 31-50: This study skills area seems solid for you
A total score of 0-30: This study skills area may need some improvement

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