

HOW ARE MY STUDY SKILLS??

ORGANIZATION

1. _____ Do I have all the supplies I need for school?
2. _____ Do I keep my notebooks and materials organized so that I can easily find what I need?
3. _____ Do I keep a schedule of study times and activities?
4. _____ Do I write my assignments in an assignment notebook?
5. _____ Do I have an organized plan for the order I do my assignments?
6. _____ Do I complete and turn in my assignments on time?
7. _____ Do I keep track of my grades on a weekly basis?
8. _____ Do I keep and follow a written plan to complete long-term assignments?

LEARNING STYLE

9. _____ Do I use my best style of learning when I study?
10. _____ Do I understand where, when, and how I study best?

COMMUNICATION

11. _____ Do my teachers usually see my behavior in the classroom in a positive way?
12. _____ Do I usually know what my teacher expects of me?
13. _____ Do I effectively talk to my teachers when I need help?
14. _____ Do I discuss school-related problems I might have with my teachers?
15. _____ Do I communicate well with other students and show respect for them?

READING COMPREHENSION

16. _____ Can I identify topics, main ideas, and supporting details in a reading selection?
17. _____ Do I understand without having to reread what I am reading in my textbooks?
18. _____ Can I summarize what I read in my own words?
19. _____ Do I use signal words to help me identify important information in my textbooks?
20. _____ Do I preview the textbook chapters?
21. _____ Do I consistently read my textbook?
22. _____ Do I have a successful method to learn new vocabulary and remember it during and after a test?

NOTE-TAKING

- 23. ____ Do I take notes from lecture?
- 24. ____ Do I get the important points from my teachers' lectures?
- 25. ____ Do I use different ways to take accurate notes?
- 26. ____ Do I use abbreviations for note-taking?
- 27. ____ Do I turn my notes into study sheets?
- 28. ____ Do I combine information from the textbook with my lecture notes?
- 29. ____ Do I review my notes over a period of time?

MEMORIZATION

- 30. ____ Do I know different ways to memorize besides reading information over and over?
- 31. ____ Do I use different ways to memorize information?
- 32. ____ When I take tests, do I remember most of the facts I tried to memorize?

DOING HOMEWORK

- 33. ____ Do I use an assignment book?
- 34. ____ Do I do my homework in an environment that allows me to concentrate?
- 35. ____ Do I spend enough time on homework to do a thorough job?
- 36. ____ Do I complete homework by the time it is due?

STRESS

- 37. ____ Am I confident I can do well in school?
- 38. ____ Do I have a positive, optimistic outlook about my schoolwork?
- 39. ____ Do I feel as relaxed as most other students do about schoolwork and tests?
- 40. ____ Do I know strategies to help me reduce stress and relax?

WHERE ARE YOU?

SCORE: _____

- 35-40 YES = Superior study habits
- 29-34 YES = Good study habits
- 23-28 YES = Average study habits
- below 23 YES = Needs improvement