

# STUDY HABITS CHECKLIST

Give yourself a score for each of the following:

**Rarely/ Never** = 0 points      **Sometimes** = 3 points      **Often/ Always** = 5 points

## In Class:

	<b>0</b>	<b>3</b>	<b>5</b>
⋄ I never miss more than one or two classes per semester in any given subject.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
⋄ Before lectures, I prepare by reading any assigned material being covered that day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
⋄ During lectures, I listen carefully for key words and main ideas.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
⋄ I take notes while the teacher is talking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
⋄ If a concept is unclear, I ask for help, in class or afterwards.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Reading:

⋄ I overview the entire text (through the table of contents, headings, etc.) before I begin reading.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
⋄ While reading, I look for the main ideas and note them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
⋄ I look for relationships within the material.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
⋄ I underline key terms and concepts and verify that I understand them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
⋄ I keep a list of definitions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
⋄ I read actively, by asking myself questions and evaluating the author's point of view.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Study Area and Time Management:

⋄ My desk or table is big enough for me to work comfortably.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
⋄ My space is tidy and equipped with the materials I need.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
⋄ I study in a quiet area, free from distractions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
⋄ I keep up with my assignments and do not fall behind.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
⋄ I keep a study schedule and allot time for all my tasks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>