

## BEFORE WE BEGIN . . .

### A CHECKLIST OF STUDY STRATEGIES

Before you begin *Study Strategies Made Easy*, take a few minutes to evaluate your present study skills. Answer the questions below to evaluate your study strengths and weaknesses. Read each question. If you *almost* always do what is asked, write "Yes"; *almost never* do what is asked, write "No"; *sometimes* do what is asked, write "S". Then, write the number of your yes answers in the score box on the next page. How are *your* present study skills rated?

#### ORGANIZATION

- \_\_\_\_\_ 1. Do I have all of 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 each 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 lectures?
- \_\_\_\_\_ 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 beside 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?

**TEST-TAKING**

- \_\_\_\_\_ 33. While taking a test, do I very carefully follow directions?
- \_\_\_\_\_ 34. Do I use appropriate strategies for taking different kinds of tests?
- \_\_\_\_\_ 35. Do I keep old tests to use at a later time?
- \_\_\_\_\_ 36. Do I analyze my errors from old tests to determine a pattern?
- \_\_\_\_\_ 37. Do I effectively prepare for mid-terms and final exams?
- \_\_\_\_\_ 38. Am I satisfied with my study habits?
- \_\_\_\_\_ 39. Am I pleased with my grades?

**DOING HOMEWORK**

- \_\_\_\_\_ 40. Do I use an assignment book?
- \_\_\_\_\_ 41. Do I do homework in an environment that allows me to concentrate?
- \_\_\_\_\_ 42. Do I spend enough time on homework to do a thorough job?
- \_\_\_\_\_ 43. Do I complete homework by the time it is due?

**STRESS MANAGEMENT**

- \_\_\_\_\_ 44. Am I confident that I can do well in school?
- \_\_\_\_\_ 45. Do I have a positive, optimistic outlook about my schoolwork?
- \_\_\_\_\_ 46. Do I feel as relaxed as most other students do about schoolwork and tests?
- \_\_\_\_\_ 47. Do I know strategies to help me reduce stress and relax?

**HIGHLIGHT YOUR RATING:**

- 42-47            YES = Superior Study Habits
- 36-41            YES = Good Study Habits
- 29-35            YES = Average Study Habits
- below 28        YES = Needs Improvement

**SCORE:** \_\_\_\_\_

Look over each of your responses and analyze your study strategy strengths and weaknesses. Your "Yes" responses indicate study strategies you are already using that are working well for you. If you answered with more "No" responses under one heading then as you progress through the *Study Strategies Made Easy* program you will learn to improve your study habits.