



Study Skills Inventory

Directions: To gain a better understanding of yourself as a learner, it is helpful to identify the study skills you now employ. This tool can help you see where your study skills need refinement or are maximized just the way they are. This tool is intended to get you thinking about the differences in high school and college level study skills. College students need a new set of learning tools to do well with college level academics.

	Almost Always = 5	More than Half of the Time = 4	About Half of the Time = 3	Less than half of the time = 2	Almost Never = 0
Questions Regarding Textbook Reading					
1. I formulate questions from a chapter before, during, or after reading.					
2. Before reading a chapter, I survey headings, bold print, italics, questions, summaries, etc.					
3. I try to get the meaning of new terms as I encounter them the first time					
4. I formulate answers to questions I have made as I read an assignment.					
5. I look for the main ideas as I read.					
6. I can readily identify clarifying details under each main idea.					
7. I read a textbook chapter more than once.					
8. I use a textbook study system such as SQ3R, OK5R, PARROT, etc.					
TOTAL SCORE: _____ = _____ + _____ + _____ + _____ + _____					
Questions Regarding Note Taking					
9. I take notes as I read my textbooks.					
10. I take notes in lectures.					
11. After taking notes, I review them before going on to something else.					
12. I rewrite lecture notes					
13. I compare notes with one or more other students to check completeness and accuracy.					
TOTAL SCORE: _____ = _____ + _____ + _____ + _____ + _____					
Questions Regarding Memory					
14. I review notes more than once or twice for exams and quizzes.					
15. I use mnemonics.					
16. I use visuals in my notes such as sketches, mind maps, diagrams, charts, etc.					
17. I quiz myself over material that could appear on future exams and quizzes.					
18. I organize the details to main ideas into numbered or lettered lists.					

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19. I convert text and lecture material into my own words.					
20. I think about material that could be on exams and quizzes when I am not studying.					
21. I try to understand material in my notes as opposed to memorizing.					
22. I try to organize main ideas and details into some logical or meaningful order.					
TOTAL SCORE: _____ = _____ + _____ + _____ + _____ + _____					
Test Preparation					
23. I study with a classmate or group.					
24. When I don't understand something, I get help from classmates, tutors, instructors, TAs, etc.					
25. I do all my graded and ungraded homework assignments.					
26. I turn in all my graded homework assignments on time.					
27. I can easily identify what I have learned and what I have not yet learned before I take a test.					
28. I review notes for a class before I go to that class.					
29. I read assigned material before I go to class.					
30. I begin studying for an exam from the first week material is assigned or covered in lecture.					
31. I review lecture notes soon after class.					
32. I keep up to date on assignments and homework.					
33. I eat well-balanced meals daily.					
34. I exercise daily.					
35. I have taken a class that cover study skills classes or have worked with an Academic Coach or Study Skills Tutor					
TOTAL SCORE: _____ = _____ + _____ + _____ + _____ + _____					
Concentration					
36. I study where it is quiet when trying to learn and remember something.					
37. I study for a length of time then take a short break before returning to studying.					
38. I study in the same place.					
39. I avoid cramming.					
40. I have all my study equipment handy to my study place (e.g., pens, paper, and calculator)					

	Almost Always = 5	More than Half of the Time = 4	About Half of the Time = 3	Less than half of the time = 2	Almost Never = 0
41. When I sit down to study, I tell myself that I intend to study.					
42. I break larger tasks into smaller segments in order to complete a large assignment.					
43. When the subject matter is not naturally interesting, I find ways to learn it anyway.					
44. It is not difficult to pay attention in class					
45. I avoid studying in the evenings as much as possible.					
TOTAL SCORE: _____ = _____ + _____ + _____ + _____ + _____					
Time Management					
46. I use an online calendar or book for recording daily and weekly upcoming academic and personal activities.					
47. I use lists (e.g., daily to-do lists and assignment lists) to organize academic and personal activities.					
48. I set up a master schedule of fixed monthly activities (e.g., classes, work, and club meetings)					
49. I write out short-term and long-term academic goals.					
50. I start papers and projects way before they are due.					
51. I study at least two (2) hours for every hour I am in class.					
TOTAL SCORE: _____ = _____ + _____ + _____ + _____ + _____					

Write your total score for each section on the table. If your individual scores are less than the benchmarks, you stand to improve in those areas.	Section	Your Score	Benchmark
	Textbooks	_____	30
	Notetaking	_____	20
	Memory	_____	30
	Test Prep	_____	40
	Concentration	_____	35
	Time Management	_____	20

We encourage you to consider taking the results of this inventory to the next level by meeting with a [Study Skills Tutor](#) or [Academic Coach](#) to walk you through different strategies for each section and how you can customize them to fit your individualized preferences.

You can book an appointment with a Study Skills Tutor or Academic Coach through [Navigate](#).

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