Study Skills and Habits Questionnaire

Name___________________________________________ Date_____________________

Questions: What are the 3 biggest issues that are preventing you from working effectively or reaching your academic goals?

1.________________________________________________________________________

2.________________________________________________________________________

3.________________________________________________________________________

Instructions: Please answer each question using the 5 point scale, to best reflect what you ACTUALLY DO or HAVE DONE as a student. The information will be discussed with you to help identify areas of strength and potential change, so be as open as you can be!

Scale: 1 = rarely or never like me, 2 = not often like me, 3 = sometimes like me, 4 = fairly like me, 5 = a lot or always like me

Health Habits

1. I eat healthy food every 3-4 hours while awake. 1 2 3 4 5
2. I sleep 7-8 hours a night, on a regular schedule. 1 2 3 4 5
3. I am physically active (exercise, sport, walking) for at least 150 mins./week. 1 2 3 4 5
4. I have 30-60 minutes daily of unstructured down time. 1 2 3 4 5

Time Management

1. I attend class. 1 2 3 4 5
2. I find it easy to stick to a study schedule. 1 2 3 4 5
3. When I decide to study, I can start and keep going. 1 2 3 4 5
4. I work 8-10 hours per week on each course, on average. 1 2 3 4 5
5. I complete course requirements on time. 1 2 3 4 5
6. My on-line time is under control: it doesn’t interfere with other things. 1 2 3 4 5

Attitude

1. I am able to study subjects that I don’t really like. 1 2 3 4 5
2. I like learning, not just the thought of a good job. 1 2 3 4 5

Concentration

1. I can focus my attention without too much effort. 1 2 3 4 5
2. I work ~50 minutes and then take a 10 minute break. 1 2 3 4 5

Academic Stress

1. I am comfortable in large classes. 1 2 3 4 5
2. I am confident delivering class presentations. 1 2 3 4 5
3. I am calm enough in an exam that I do my best. 1 2 3 4 5
4. I think I will be satisfied with my grades. 1 2 3 4 5

Goal Setting

1. I persist when the work is boring or challenging. 1 2 3 4 5
2. My course work relates to my future plans. 1 2 3 4 5

Preparation and Follow-Up

1. I download and read slides, or read texts before class. 1 2 3 4 5
2. I review notes shortly after class. 1 2 3 4 5
3. I refer to the course outline for the learning objectives. 1 2 3 4 5
4. I do my homework regularly. 1 2 3 4 5
Learning Strategies
sass.queensu.ca/learningstrategies

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### Comprehension
1. I try to personally relate to information I am learning. 1 2 3 4 5
2. I connect ideas to each other in my courses. 1 2 3 4 5
3. I translate what I’m studying into my own words. 1 2 3 4 5

### Selecting Main Ideas
1. I can find the main points in lectures, or readings. 1 2 3 4 5
2. My notes summarize both main ideas and details. 1 2 3 4 5

### Use of Resources
1. I am able and willing to ask for personal or academic help when I need it. 1 2 3 4 5
2. I use text, internet, or library resources, when needed. 1 2 3 4 5
3. I attend review sessions when offered. 1 2 3 4 5

### Exam Preparation
1. I separate my initial “learning” from my “studying”. 1 2 3 4 5
2. I use the course Learning Objectives to know what to study. 1 2 3 4 5
3. I feel confident in my study methods. 1 2 3 4 5
4. I answer practice questions to test my knowledge. 1 2 3 4 5

### Exam Writing
1. I study enough to reach my goals 1 2 3 4 5
2. I finish my exams in the allotted time. 1 2 3 4 5
3. I answer the exam questions I know best, first. 1 2 3 4 5
4. I take enough time to understand what the problem asks. 1 2 3 4 5

### Academic writing
1. I take time to develop an outline before I begin a writing assignment 1 2 3 4 5
2. I am able to write logical and well-organized paragraphs. 1 2 3 4 5
3. I am confident in my ability to recognize and correct common stylistic errors. 1 2 3 4 5
4. I finish a writing assignment with enough time to edit and proofread it. 1 2 3 4 5

### Reading Skills
1. I can read and understand fast enough to keep up with the assigned readings. 1 2 3 4 5
2. In a text, I use chapter headings and the outline to get an overview first. 1 2 3 4 5
3. I stop reading periodically to check my understanding. 1 2 3 4 5

### Math and problem-solving skills, for science, math, accounting, econ. CISC, etc. students
1. I have a good command of the skills I need for my courses. 1 2 3 4 5
2. When problem-solving, I can identify core concepts. 1 2 3 4 5
3. I work the problems myself before looking at the solutions. 1 2 3 4 5

### Scoring Instructions
Items marked with 4’s and 5’s are your strengths…keep doing these things!
Items marked with 1’s and 2’s are weak areas. Identify a few items and start work today towards a rating of 4 or 5.
Gradually shift your focus to other areas needing improvement.

See Learning Strategies Advisors for help. Book online: [http://queensu.mywconline.com](http://queensu.mywconline.com)