Study Skills and Habits Questionnaire

**Question:** 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!

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

**Time management**

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

**Attitude**

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

**Concentration**

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

**Academic stress**

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

**Goal setting**

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

**Preparation and follow-up**

1. I download and read slides, or read texts before class.  
2. I review notes shortly after class.  
3. I refer to the course outline for the learning objectives.  
4. I do my homework regularly.
### Comprehension
1. I try to personally relate to information I am learning.  
2. I connect ideas to each other in my courses.  
3. I translate what I’m studying into my own words.

### Selecting main ideas
1. I can find the main points in lectures or readings.  
2. My notes summarize both main ideas and important details.

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

### Exam preparation
1. I separate my initial learning from my studying.  
2. I use the course’s learning objectives to focus my studying.  
3. I feel confident in my study methods.  
4. I answer practice questions to test my knowledge.

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

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

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

### 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.  
2. When solving problems, I can identify core concepts.  
3. I work the problems myself before looking at the solutions.  
4. I get help when I need it.

### Scoring Instructions
Items marked with 4s and 5s are your strengths. Keep doing these things!  
Items marked with 1s and 2s 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 at http://queensu.mywconline.com