Study Skills and Habits Questionnaire

**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!

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 online 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.

**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.  

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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 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 Learning Objectives to know what to study.  
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 develop an outline before I begin a writing assignment.  
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 edit 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 problem-solving, I can identify core concepts.  
3. I work the problems myself before looking at the solutions.

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 at http://queensu.mywconline.com