

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. | 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 online 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 |

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4. I do my homework regularly. 1 2 3 4 5

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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.

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See Learning Strategies Advisors for help ☺ Book online at <http://queensu.mywconline.com>