

Study Skills and Habits Questionnaire

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

- 1.
- 2.
- 3.

Instructions: Please answer the following using the 5-point scale to 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. Be as open as you can!

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 |
| 7. I spread out my learning over the term instead of cramming. | 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 for 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 |
| 5. I am aware of my academic stress level and have ways to manage it. | 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 preview the slides, readings, and/or labs before class. | 1 | 2 | 3 | 4 | 5 |
| 2. I review my 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 |

Student Academic Success Services: Learning Strategies and the Writing Centre



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

Comprehension

1. I try to personally relate to information I am learning. 1 2 3 4 5
2. I connect ideas within and across my courses. 1 2 3 4 5
3. I translate what I'm studying into my own words. 1 2 3 4 5
4. When I don't understand something, I get help. 1 2 3 4 5

Selecting main ideas

1. I can identify the main points in lectures or readings. 1 2 3 4 5
2. My notes summarize both main ideas and important 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 am able and willing to seek out online and print resources when needed. 1 2 3 4 5
3. I attend review sessions when they are 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 inform what I 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 feel confident in my exam writing methods. 1 2 3 4 5
4. I take enough time to understand what the questions ask. 1 2 3 4 5

Academic writing

1. I take time to explore my ideas and research my topic before I write a draft. 1 2 3 4 5
2. I am able to write logical and well-organized paragraphs. 1 2 3 4 5
3. I can recognize and correct common stylistic and grammatical errors. 1 2 3 4 5
4. I revise and edit at least two drafts before submitting. 1 2 3 4 5

Reading skills

1. I identify my purpose for reading and select a reading method accordingly. 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 solving problems, 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 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 a learning strategies advisor for help. © Book online at <http://queensu.mywconline.com>