

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

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

Time management	
I attend class.	
I find it easy to stick to a study schedule.	
When I decide to study, I can start and keep going.	
I work 8 – 10 hours per week on each course, on average.	
I complete course requirements on time	
My online time is under control: it doesn't interfere with other things.	
I spread out my learning over the term instead of cramming.	

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

Concentration	
I can focus my attention without too much effort.	
I work for 50 minutes and then take a 10-minute break.	

Academic stress	
I am comfortable in large classes	
I am confident delivering class presentations.	
I am calm enough in an exam that I do my best.	
I think I will be satisfied with my grades.	
I am aware of my academic stress level and have ways to manage it.	

Goal setting	
I persist when the work is boring or challenging.	
My course work related to my future plans.	

Preparation and follow-up	
I preview the slides, readings, and/or labs before class.	
I review my notes shortly after class.	
I refer to the course outline for the learning objectives.	
I do my homework regularly.	

Comprehension	
I try to personally relate to information I am learning.	
I connect ideas within and across my courses.	
I translate what I'm studying into my own words.	
When I don't understand something, I get help.	
I am aware of my academic stress level and have ways to manage it.	

Selecting main ideas	
I can identify the main points in lectures and readings.	
My notes summarize both main ideas and important details.	

Use of resources	
I am able and willing to ask for personal or academic help when I need it.	
I am able and willing to seek out online and print resources when needed.	
I attend review sessions when they are offered.	

Exam preparation	
I separate my initial learning from my studying.	
I use the course learning objectives to inform what I study.	
I feel confident in my study methods.	
I answer practice questions to test my knowledge.	

Exam writing	
I study enough to reach my goals.	

I finish my exams in the allotted time.	
I feel confident in my exam writing methods.	
I take enough time to understand what the questions ask.	

Academic writing	
I take time to explore my ideas and research my topics before I write a draft.	
I am able to write logical and well-organized paragraphs.	
I can recognize and correct common stylistic and grammatical errors.	
I revise and edit at least two drafts before submitting.	

Reading skills	
I identify my purpose for reading and select a reading method accordingly.	
In a text, I use chapter headings and the outline to get an overview first.	
I stop reading periodically to check my understanding.	

Math and problem-solving skills (for science, math, accounting, econ, CISC, etc. students)	
I have a good command of the skills I need for my courses.	
When solving problems, I can identify core concepts.	
I work the problems myself before looking at the solution.	

Scoring Instructions

- Items marked with 4s and 5s are your strengths. Keep doing these things!
- Items marked with 1s and 2s are your areas for improvement. Identify a few items to start with; an academic skills specialist can suggest some strategies and approaches to help!
- Gradually shift your focus to other areas needing improvement.

See an academic skills specialist for help. Book online at <http://queensu.mywconline.com>