

Study Skills Self-Check

Circle one answer for each statement. Answer for how things usually go, not your best week. Then add up each area (0 to 6).

Area	Statement	Not like me (0)	Sometimes (1)	A lot like me (2)	Area total
Time	1. I'm often surprised by how little time is left before something is due.	☐	☐	☐	__ / 6
	2. I study in long, last-minute sessions more than short, regular ones.	☐	☐	☐	
	3. I don't have a set plan for when I'll study each week.	☐	☐	☐	
Getting started	4. I put off starting assignments even when I have time to do them.	☐	☐	☐	__ / 6
	5. Big projects feel so large that I don't know where to begin.	☐	☐	☐	
	6. Once I've fallen behind, I avoid looking at the work at all.	☐	☐	☐	
Reading	7. I reach the end of a page and can't say what it was about.	☐	☐	☐	__ / 6
	8. I find it hard to pick out the main ideas in a chapter.	☐	☐	☐	
	9. My reading piles up until right before a test.	☐	☐	☐	
Notes and listening	10. My notes are hard to make sense of a week later.	☐	☐	☐	__ / 6
	11. In class, I try to write down everything and miss what matters.	☐	☐	☐	
	12. I rarely look at my notes again until a test is close.	☐	☐	☐	
Memory and review	13. Most of my studying is rereading and highlighting.	☐	☐	☐	__ / 6
	14. I feel like I know the material while studying, then can't recall it on the test.	☐	☐	☐	
	15. I study a topic in one long block instead of coming back to it over several days.	☐	☐	☐	
Tests and exams	16. I lose points on questions I knew how to answer.	☐	☐	☐	__ / 6
	17. My mind goes blank or my heart races during exams.	☐	☐	☐	
	18. I don't look back at returned tests to see what went wrong.	☐	☐	☐	
Study space and focus	19. My phone or other screens pull me away while I study.	☐	☐	☐	__ / 6
	20. I don't have a regular place where studying feels easier.	☐	☐	☐	
	21. I can't settle into work for more than a few minutes at a time.	☐	☐	☐	
Stress and sleep	22. I regularly lose sleep to study or finish assignments.	☐	☐	☐	__ / 6
	23. Stress about school gets in the way of doing the work.	☐	☐	☐	
	24. I skip meals, exercise or time with friends to keep up.	☐	☐	☐	

Reading your scores. 4 to 6: start with this section of the library. **2 to 3:** worth a look. **0 to 1:** probably fine for now. Pick the one or two highest areas and try one strategy from each for a week. The self-check is a starting point for your own planning, not a diagnosis or a test.