

NAME _____

DATE _____

STUDY SKILLS CHECKLIST

Check the frequency of the following terms:

| | <u>Not at all</u> | <u>Sometimes</u> | <u>All the time</u> | |
|-------------------------|---------------------------------------|------------------|-------------------------|-------|
| STUDY SKILLS | | | | |
| 1. | Study schedule made and followed | _____ | _____ | _____ |
| 2. | Homework schedule | | | |
| | a. Set realistic goals and met them | _____ | _____ | _____ |
| | b. Studied difficult material first | _____ | _____ | _____ |
| | c. Studied boring material first | _____ | _____ | _____ |
| 3. | Used techniques to improve memory | | | |
| | a. Make material meaningful | _____ | _____ | _____ |
| | b. Organize material | _____ | _____ | _____ |
| | c. Set purpose to studying | _____ | _____ | _____ |
| | d. Use mnemonic devices | _____ | _____ | _____ |
| 4. | Reasonable study periods with breaks | _____ | _____ | _____ |
| 5. | Concentration | | | |
| | a. Music, television, etc. shut off | _____ | _____ | _____ |
| | b. Force self to pay attention | _____ | _____ | _____ |
| | c. Set realistic goals | _____ | _____ | _____ |
| | d. Eliminated distractions | _____ | _____ | _____ |
| | e. Good physical setting for studying | _____ | _____ | _____ |
| 6. | Review material on regular basis | _____ | _____ | _____ |
| TEXTBOOK READING | | | | |
| 1. | Mark and underline text material | _____ | _____ | _____ |
| 2. | Use a reading-study system | _____ | _____ | _____ |
| 3. | Use parts of textbook to study | _____ | _____ | _____ |
| 4. | Establish purpose to reading | _____ | _____ | _____ |
| 5. | Flexible reading rate | _____ | _____ | _____ |
| 6. | Vocabulary cards written and reviewed | _____ | _____ | _____ |

CLASSWORK

1. Read material before discussed in class _____
2. Review notes before class _____
3. Check class notes with textbook _____
4. Know classmates to contact if miss class _____
5. Compare notes with classmates _____
6. Participated in class _____
7. Edit class notes for accuracy and completeness _____