# Study Habits Questionnaire

1. I usually wait until the last minute to start my work. | Y | N
2. There isn’t enough time in a week to do everything on my to-do list. | Y | N
3. I get distracted easily and have a hard time staying on task. | Y | N
4. I sometimes miss classes or arrive late because I’m busy, tired, or disorganized. | Y | N
5. I sometimes feel overwhelmed with everything I need to do. | Y | N
6. I usually do the required readings after my lectures. | Y | N
7. I often daydream in class or have a hard time paying attention. | Y | N
8. I write down everything the professor says in lecture. | Y | N
9. My lecture notes are often unclear or missing information. | Y | N
10. I usually wait until close to exams to review my lecture notes. | Y | N
11. I usually forget what I’ve read after a few days. | Y | N
12. I often need to read the same paragraph a few times to understand what it’s saying. | Y | N
13. I’m usually not able to finish all my readings. | Y | N
14. I wish I could read faster. | Y | N
15. I often have trouble identifying the main ideas or important information when I read. | Y | N
16. I usually start reviewing my notes a couple days before my exams. | Y | N
17. I often seem to study the wrong material. | Y | N
18. I feel prepared before an exam, but my mind often goes blank once I get there. | Y | N
19. To prepare for an exam, I usually memorize definitions and equations. | Y | N
20. I usually cram right before my exams or stay up late studying. | Y | N

**How to Interpret:**
- If you answered YES to two or more questions from 1 through 5, you may need help with time management.
- If you answered YES to two or more questions from 6 through 10, you may need help with lectures and note taking.
- If you answered YES to two or more questions from 11 through 15, you may need help with reading strategies.
- If you answered YES to two or more questions from 16 through 20, you may need help with studying and exam strategies.

**Want More Information?** For helpful strategies to improve your learning, make an appointment in OSCARplus to see a Writing & Study Skills Coach or visit the Student Success Centre in Gilmour Hall 110.