

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.