

Study Skills Inventory

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Student
Academic
Success
Center

Read each statement and consider how it applies to you. If you agree this describes you, check "yes". If you do not think it describes you, check "no".

1. Y___ N___ I spend too much time studying for what I am learning.
2. Y___ N___ I usually spend hours cramming the night before an exam.
3. Y___ N___ If I spend as much time on my social activities as I want to, I don't have enough time left to study, or when I study enough, I don't have time for a social life.
4. Y___ N___ I usually try to study with the radio and TV turned on.
5. Y___ N___ I can't sit and study for long periods of time without becoming tired or distracted.
6. Y___ N___ I go to class, but I usually doodle, daydream, or fall asleep.
7. Y___ N___ My class notes are sometimes difficult to understand later.
8. Y___ N___ I usually seem to get the wrong material into my class notes.
9. Y___ N___ I don't review my class notes periodically throughout the semester in preparation for tests.
10. Y___ N___ When I get to the end of a chapter, I can't remember what I've just read.
11. Y___ N___ I don't know how to pick out what is important in the text.
12. Y___ N___ I can't keep up with my reading assignments, and then I have to cram the night before a test.
13. Y___ N___ I lose a lot of points on essay tests, even when I know the material well.

14. Y___ N___ I study enough for my test, but, when I get, there my mind goes blank.
15. Y___ N___ I often study in a haphazard, disorganized way under the threat of the next test.
16. Y___ N___ I often find myself getting lost in the details of reading and have trouble identifying the main ideas.
17. Y___ N___ I rarely change my reading speed in response to the difficulty level of the selection, or my familiarity with the content.
18. Y___ N___ I often wish that I could read faster.
19. Y___ N___ When my teachers assign papers, I feel so overwhelmed that I can't get started.
20. Y___ N___ I usually write my papers the night before they are due.
21. Y___ N___ I can't seem to organize my thoughts into a paper that makes sense.

If you have answered "yes" to two or more questions in any one category listed below, you may benefit from learning new strategies. Make an appointment with a UNE Learning Specialist to develop a study plan based on this inventory.

- Time Management - Questions 1, 2, and 3.
- Concentration and focus - 4, 5, and 6.
- Listening and Note taking - 7, 8, and 9.
- Reading and Selecting the Main Idea - 10, 11, and 12.
- Exams - 13, 14, and 15.
- Reading Speed - 16, 17, and 18.
- Writing Skills -19, 20, and 21.

*Adapted with permission from Virginia Tech Cook Counseling Center Study Skills Inventory