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*