



## Self-Assessment of Your Current Approach to Lectures\*

An assessment of your current approach to learning from your lectures will help you to outline your areas of strength and areas for development.

### Instructions:

1. Take 3-5 minutes to read the statements provided.
2. Think about your past behaviors.
3. Score each statement from 1 (this is not typical of me) up to 5 (this is very typical of me).
4. Tally your results.

- \_\_\_\_\_ I attend every lecture.
- \_\_\_\_\_ I prepare for the lecture by completing required readings before going to class.
- \_\_\_\_\_ I check the course outline regularly to keep track of topics covered in the course.
- \_\_\_\_\_ I go into each class determined to learn as much as possible.
- \_\_\_\_\_ I sit where I can see and hear easily.
- \_\_\_\_\_ I concentrate on the lecturer and try to ignore distractions going on around me.
- \_\_\_\_\_ In class I work hard to control any worry thoughts or daydreaming.
- \_\_\_\_\_ I summarize just the main points of the lecture rather than write down every word.
- \_\_\_\_\_ I echo in my mind what has just been said so that I can record that point while listening to the next.
- \_\_\_\_\_ If I lose track of what the lecturer is saying I don't give up and I try to reconnect with the topic.
- \_\_\_\_\_ I listen for connections among ideas and emphasize that structure in my notes.
- \_\_\_\_\_ I take notes that are easy to read and meaningful.
- \_\_\_\_\_ If I don't understand something in class, I get help as soon as possible.
- \_\_\_\_\_ Within a few hours of the class, I read over the notes I have taken.
- \_\_\_\_\_ When I go over my notes after class, I make the headings stand out by underlining or highlighting them.

My Total Score: \_\_\_\_\_

30 and below: area of development

60 and above: area of strength

\* Adapted from: Fleet, J., Goodchild, F. and Zajchowski, R. (2006) Learning for Success Fourth Edition: Effective Strategies for Students. Thomson Canada Ltd. Toronto, ON. 225 pp

