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