



## Study Skills Assessment

1. I spend too much time studying for the amount I seem to be learning.	Y	N
2. I usually spend hours cramming the night before an exam.	Y	N
3. When I feel like I am studying enough, I don't have time for a social life.	Y	N
4. I usually try to study with the radio and TV turned on.	Y	N
5. I can't sit and study for long periods of time without becoming tired or distracted.	Y	N
6. I go to class, but I usually doodle, daydream or fall asleep.	Y	N
7. My class notes are sometimes difficult to understand later.	Y	N
8. I usually seem to get the wrong material into my class notes.	Y	N
9. I don't revise my class notes periodically throughout the semester.	Y	N
10. When I get to the end of a chapter or article, I can't remember what I have just read.	Y	N
11. I don't know how to identify what is important in the text.	Y	N
12. I can't read all the material I am supposed to read, so I have to cram before tests.	Y	N
13. I lose a lot of marks on essay tests, even when I know the material well.	Y	N
14. I study enough for tests, but when I get there, my mind goes blank.	Y	N
15. I often study in a disorganized way.	Y	N
16. I often have trouble identifying the main ideas when I read.	Y	N
17. I read at the same speed regardless of the difficulty level of the reading.	Y	N
18. I often wish I could read faster.	Y	N

### STUDY SKILLS TEST SCORING

- If you answered YES to two or more from Questions 1 through 5 you may want to sign up for a Studying for Success Workshop on **Time Management and Preparing for Exams**.
- If you answered YES to two or more from Questions 6 through 9, you may want to sign up for a Studying for Success Workshop on **Getting More out of Lectures/Taking Notes**.
- If you answered YES to two or more from Questions 10, 11 and 12, you may want to sign up for a Studying for Success Workshop on **Getting More from your Text/Critical Reading**.
- If you answered YES to two or more from Questions 13, 14 and 15, you may want to sign up for a Studying for Success Workshop on **Preparing for Exams**.
- If you answered YES to two or more from Questions 16, 17 and 18, you may want to sign up for a Studying for Success Workshop on **Getting More from your Text/Critical Reading**.

**Please note:** The results are only an indication of study skills that you may want to work on to help you be more successful.



**Dalhousie Studying  
for Success**

Bissett Student Success Centre  
Student Union Building, Room 426  
Phone: 902-494-3077  
Coaches Office: SUB 446A  
Coach Coordinator: SUB 401