



## Study Skills Survey

**Name:** \_\_\_\_\_ **Birthday:** \_\_\_\_\_  
**School:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**Pre**      **Post**      **Tutor Name:** \_\_\_\_\_

### Organization

I use my planner/agenda to write down my homework assignments, tests, projects, etc.

NOT AT ALL TRUE      SOMEWHAT TRUE      VERY TRUE

My locker is clean and well organized.

NOT AT ALL TRUE      SOMEWHAT TRUE      VERY TRUE

I have a binder and/or folders for each class that I use to keep my papers organized.

NOT AT ALL TRUE      SOMEWHAT TRUE      VERY TRUE

I always go to class with a pencil, my book and any other required materials.

NOT AT ALL TRUE      SOMEWHAT TRUE      VERY TRUE

### Time and Lifestyle Managements

I have so much homework to do, I just can't keep up with it all.

NOT AT ALL TRUE      SOMEWHAT TRUE      VERY TRUE

I get all my homework done and hand it in on time.

NOT AT ALL TRUE      SOMEWHAT TRUE      VERY TRUE

I get at least eight hours of sleep at night.

NOT AT ALL TRUE      SOMEWHAT TRUE      VERY TRUE

I exercise regularly (one hour 3-5 times per week-not including gym class).

NOT AT ALL TRUE      SOMEWHAT TRUE      VERY TRUE

I eat a healthy, well-balanced diet.

NOT AT ALL TRUE      SOMEWHAT TRUE      VERY TRUE

### Distractions

In class I often doodle, daydream or sometimes fall asleep.

NOT AT ALL TRUE      SOMEWHAT TRUE      VERY TRUE

I can't sit or study for long periods of time without becoming tired or distracted.

NOT AT ALL TRUE      SOMEWHAT TRUE      VERY TRUE

I study with the TV, IPOD or computer turned on.

NOT AT ALL TRUE                      SOMEWHAT TRUE                      VERY TRUE

I have a study area at home that is quiet, has lots of light and is free from distractions.

NOT AT ALL TRUE                      SOMEWHAT TRUE                      VERY TRUE

### **Test-Taking**

I study enough for my tests, but when I take them, my mind goes blank.

NOT AT ALL TRUE                      SOMEWHAT TRUE                      VERY TRUE

I need to improve how I prepare for tests.

NOT AT ALL TRUE                      SOMEWHAT TRUE                      VERY TRUE

Grades are important to me.

NOT AT ALL TRUE                      SOMEWHAT TRUE                      VERY TRUE

### **Studying**

I need to improve my reading skills.

NOT AT ALL TRUE                      SOMEWHAT TRUE                      VERY TRUE

When I get to the end of reading a chapter, I can't remember what I've just read.

NOT AT ALL TRUE                      SOMEWHAT TRUE                      VERY TRUE

I am studying as much as possible, but my grades are still the same.

NOT AT ALL TRUE                      SOMEWHAT TRUE                      VERY TRUE

I make flashcards, outline the chapter or use other study aids to help me with my studying.

NOT AT ALL TRUE                      SOMEWHAT TRUE                      VERY TRUE

I can turn to adults for help.

NOT AT ALL TRUE                      SOMEWHAT TRUE                      VERY TRUE

Estimate how much time you spend studying each night:

Not at all                      Less than 30 minutes                      1 hour                      2 hours                      More than 2 hours

I feel I am successful so far.

NOT AT ALL TRUE                      SOMEWHAT TRUE                      VERY TRUE

I believe I have a good future ahead of me.

NOT AT ALL TRUE                      SOMEWHAT TRUE                      VERY TRUE

List one study related goal that you have for yourself: