**January- Goal Check-In**

**Activity III: Study Skills**

Learning Target: I can identify at least 3 study habits I need to improve upon.

Please read the questions below about your study skills. Rate yourself in the appropriate box, as honestly as possible.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Yes** | **Some of the time** | **No** |
| 1. Do you have a regular time during the day to study? |  |  |  |
| 2. Do you have a regular place where you study? |  |  |  |
| 3. Do you study when you are alert and well-rested? |  |  |  |
| 4. Do you begin studying a topic by quickly glancing over the topic to see what it is about? |  |  |  |
| 5. Do you read and try to answer the questions from the back of the section/chapter before you study? |  |  |  |
| 6. Do you process information or think it through instead of just reading it? |  |  |  |
| 7. Do you concentrate fully when you are studying? |  |  |  |
| 8. Do you study without distractions? (no TV or music in the background) |  |  |  |
| 9. Do you write, in your own words, what the author is saying? |  |  |  |
| 10. Do you rewrite, rephrase, or summarize your notes? |  |  |  |
| 11. Do you review the material of each subject that you have studied days after you started studying it? |  |  |  |
| 12. When you take notes, do you include enough detail? |  |  |  |
| 13. Are you able to understand your notes weeks after you took them? |  |  |  |
| 14. During class, do you look at and listen to the teacher? |  |  |  |
| 15. Do you think about the meaning of what the teacher is saying as well as listen to what he/she is saying? |  |  |  |
| 16. Do you think the information you learn in class may be valuable later in life? |  |  |  |
| 17. When you are in class, do you keep in mind the overall idea and topic? |  |  |  |
| 18. Do you seek out help when you don’t hit your learning target? |  |  |  |
| 19. Do you believe that, in addition to learning the details, the overall topic/idea is important as well? |  |  |  |
| 20. Do you look ahead to prepare yourself for class discussion? |  |  |  |
| 21. Do you look back to prepare yourself for potential pop-quizzes? |  |  |  |
| 22. Do you try to create your own pop-quiz questions? |  |  |  |
| 23. Do you think through test questions before you answer them? |  |  |  |
| 24. Do you write all homework, project, lab, test, and quiz dates down (in your planner)? |  |  |  |

**Review your survey responses and answer the questions below:**

1. Do you think your study-skills and habits are helping you to be academically successful? Why or why not?
2. Please describe your most successful study skill or habit. How do you know it helps you? Where did you learn the skill/habit and how does it help you?
3. After reviewing your responses to the Study Skills Survey, which skills or habits do you need to improve on?