

REMOTE LEARNG STUDY SKILLS SELF-ASSESSMENT

A. Fill in the chart by marking a check in the box that most often applies to you. Be honest with your answers.

	STUDYING AT HOME	Often	Sometimes	Rarely
1	I have set up the best possible study space at home for my school work	✓		
2	I study for a length of time then take a short break before returning to studying			✓
3	I have all my supplies handy when I study, such as pens, paper, calculator, etc.	✓		
4	I set study goals, such as the number of problems I will do or pages I will read		✓	
5	I study at least two hours for every hour I am in class each week			✓

	MANAGING YOUR TIME DURING DISTANCE LEARNING	Often	Sometimes	Rarely
6	I use a planner (or other method) to write down upcoming academic and personal activities		✓	
7	I use a “to do” list to keep track of completing my academic and personal activities		✓	
8	I start studying for quizzes and tests at least several days before I take them			✓
9	I start papers and projects as soon as they are assigned			✓
10	I have enough time for school, personal care and fun			✓

	TAKING NOTES ONLINE	Often	Sometimes	Rarely
11	I take notes as I read my textbooks or online material		✓	
12	I take notes during synchronous class lectures			✓
13	I review my notes		✓	
14	I compare my notes with a classmate online		✓	
15	I try to organize main ideas and details into meaningful chunks of information			✓

	READING TEXT BOOKS PowerPoint SLIDES AND ONLINE MATERIALS	Often	Sometimes	Rarely
16	I browse the headings, pictures, charts, questions and summaries before I start reading a chapter, PowerPoint notes or online material			✓
17	I make questions from a chapter, PowerPoint notes or online material before, during, and after reading it			✓
18	I try to get the meaning of new words as I see them for the first time		✓	
19	I look for familiar concepts as well as ideas that spark my interest as I read	✓		
20	I look for the main ideas as I read		✓	

	MEMORIZING/LEARNING INFORMATION	Often	Sometimes	Rarely
21	I try to study during my personal peak energy time to increase my concentration level		✓	
22	I quiz myself over material that could appear on future exams and quizzes		✓	
23	I say difficult concepts aloud in order to understand them better			✓
24	I summarize my notes into my own words, for better understanding		✓	
25	I try to create associations between new material I am trying to learn and information I already know	✓		

	PREPARING FOR TESTS	Often	Sometimes	Rarely
26	I plan to study with a classmate or group online		✓	
27	When I don't understand something, I get help from tutors, classmates, and my instructors		✓	
28	I do all homework assignments and turn them in on time			✓
29	When I am facing an open book test, I am fully prepared and know exactly where to find information in my notes			✓
30	I predict what possible questions may be asked on my tests and make sure I know the answers			✓

B. Add up your totals for each category. Have your totals handy for next class.

SCORING: OFTEN = 10 SOMETIMES = 5 RARELY = 0

STUDYING AT HOME

1. 10 2. 0 3. 10 4. 5 5. 0 Total 25

MANAGING YOUR TIME DURING DISTANCE LEARNING

6. 5 7. 5 8. 0 9. 0 10. 0 Total 10

TAKING NOTES ONLINE

11. 5 12. 0 13. 5 14. 5 15. 0 Total 15

READING TEXT BOOKS PowerPoint SLIDES AND ONLINE MATERIALS

16. 0 17. 0 18. 5 19. 10 20. 5 Total 20

MEMORIZING/ LEARNING INFORMATION

21. 5 22. 5 23. 0 24. 5 25. 10 Total 25

PREPARING FOR TESTS

26. 5 27. 5 28. 0 29. 0 30. 0 Total 10

A total score of 35-50: This study skills area seems solid. A total score of 0-34: This study skills area may need a boost.

Skill Study Assessment Improvement Strategies

According to my remote learning study skills self-assessment results, my weakest areas that I should improve on are managing my time during distance learning and preparing for tests. A few strategies that I already have in mind to help improve my time management for remote learning is to have a calendar with all important academic dates on it. This should help me plan what I need to prioritize and when according to what is due for my course. Furthermore, I've quit my part-time job at Bell which should be helpful in finding time to study more. As for prepping myself to take exams, attending workshops to get more strategies and insight could be beneficial in order to help improve those skills. Since I am often shy and reserved, going out of my way to ask the teacher for more clarifications on the exam format and about the questions that will be present in the exam could be a strategy to help with that area. I could also try to ask my peers that already took the courses I am taking for their old midterms or assignments to prepare myself better for exams. In such case I can find an old midterm or such, I could setup a mock test day prior the exam day with a set time frame to simulate myself it, thus giving myself time to process how it could go.