**Study Skills Inventory**

An inventory is a list of items. This inventory is a list of different strategies and attitudes related to study skills.   
By practicing the various strategies described in this inventory you will be on track to get good grades.

To complete the inventory, check how often you use each of the following study skills strategies.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Reading Strategies** | Almost always | More than half the time | About half the time | Less than half the time | Almost  never |
|  | | | | | |
| I come up with questions about a text before, during, and after I read. |  |  |  |  |  |
| I try to answers the questions I’ve asked as I read. |  |  |  |  |  |
| Before reading, I look at text features for clues (headings, bold/italics, etc.). |  |  |  |  |  |
| I try to figure out the meaning of new words as I see them the first time. |  |  |  |  |  |
| I look for and note/highlight main ideas as I read. |  |  |  |  |  |
| I read assigned texts more than once. |  |  |  |  |  |
| I take notes as I read assigned texts. |  |  |  |  |  |
| I take notes in class. |  |  |  |  |  |
| I review my notes after class (or at home) to make sure I got the key ideas. |  |  |  |  |  |
| I rewrite notes so they make sense. |  |  |  |  |  |
| I compare my notes with other people's notes to make sure mine are complete and accurate. |  |  |  |  |  |
| **TOTALS** |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Memory Strategies** | Almost always | More than half the time | About half the time | Less than half the time | Almost  never |
|  | | | | | |
| I review notes more than once or twice to prepare for exams or quizzes. |  |  |  |  |  |
| I have a system for remembering things, like mnemonic devices. |  |  |  |  |  |
| I use visuals in my notes like sketches, diagrams, and drawings. |  |  |  |  |  |
| I quiz myself on things I think may be on quizzes or tests. |  |  |  |  |  |
| I try to put everything in my own words. |  |  |  |  |  |
| **TOTALS** |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Test Preparation Strategies** | Almost always | More than half the time | About half the time | Less than half the time | Almost  never |
|  | | | | | |
| I study with a classmate or group. |  |  |  |  |  |
| When the teacher gives a study guide, I make sure to use it. |  |  |  |  |  |
| When I don't understand, I get help from the teacher or other students. |  |  |  |  |  |
| I do all the homework assignments. |  |  |  |  |  |
| I hand in all homework assignments on time. |  |  |  |  |  |
| I can easily identify what I know and what I still have to learn for a test. |  |  |  |  |  |
| I eat well-balanced meals daily. |  |  |  |  |  |
| I exercise daily. |  |  |  |  |  |
| **TOTALS** |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Study Environment Strategies** | Almost always | More than half the time | About half the time | Less than half the time | Almost  never |
|  | | | | | |
| I study where it is quiet. |  |  |  |  |  |
| I study for a length of time and then take a short break. |  |  |  |  |  |
| I study in the same place. |  |  |  |  |  |
| I avoid cramming (which means leaving all studying to the last minute). |  |  |  |  |  |
| I have all my study equipment handy (pens, paper, calculator). |  |  |  |  |  |
| I break larger tasks into smaller segments. |  |  |  |  |  |
| **TOTALS** |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Organizational Strategies** | Almost always | More than half the time | About half the time | Less than half the time | Almost  never |
|  | | | | | |
| I use a calendar/planbook to keep track of due dates and organize my time. |  |  |  |  |  |
| I use lists to organize my activities. |  |  |  |  |  |
| I write out short-term and long-term goals. |  |  |  |  |  |
| I start papers and projects long before they are due. |  |  |  |  |  |
| **TOTALS** |  |  |  |  |  |

**ANALYZING YOUR STUDY SKILLS**

**IDENTIFYING STRENGTHS**

**In which categories do you have lots of checks in the first two columns (“Almost always,” or “More than half the time”)?**

\_\_ Reading Strategies \_\_ Memory Strategies \_\_ Test Preparation Strategies \_\_ Study Environment Strategies \_\_ Organizational Strategies

These are the study skills you are currently using! Where you have lots of checks, you probably have good systems in place.

**IDENTIFYING AREAS FOR GROWTH**

**In which categories do you have lots of checks in the last two columns (“Less than half the time,” or “Almost never)?**

\_\_ Reading Strategies \_\_ Memory Strategies \_\_ Test Preparation Strategies \_\_ Study Environment Strategies \_\_ Organizational Strategies

These are strategies your are not currently using.

**CREATING A PLAN FOR IMPROVED STUDY SKILLS**

Based on your answers to this Study Skills Inventory, write three new strategies you’d like to put into place to improve your study skills.