



STUDY SKILLS QUESTIONNAIRE



UNIVERSITY of DENVER
CAMPUS LIFE & INCLUSIVE EXCELLENCE
Academic Advising

READING TEXTBOOKS

1. I browse the headings, pictures, chapter questions and summaries before I start reading a chapter.
2. I make questions from a chapter before, during, and after reading it.
3. I try to get the meaning of new words as I see them for the first time.
4. I look for familiar concepts as well as ideas that spark my interest as I read.
5. I look for the main ideas as I read.

RARELY SOMETIMES OFTEN

1. _____
2. _____
3. _____
4. _____
5. _____

TAKING NOTES

6. I take notes as I read my text books.
7. I take notes during class lectures.
8. I rewrite or type up my notes.
9. I compare my notes with a classmate.
10. I try to organize main ideas and details into a meaningful method.

6. _____
7. _____
8. _____
9. _____
10. _____

STUDYING

11. I study where it is quiet and has few distractions.
12. I study for a length of time then take a short break before returning to studying.
13. I have all my supplies handy when I study, such as pens, paper, calculator, etc.
14. I set study goals, such as the number of problems I will do or pages I will read.
15. I study at least two hours for every hour I am in class each week.

11. _____
12. _____
13. _____
14. _____
15. _____

MEMORIZING

16. I try to study during my personal peak time of energy to increase my concentration level.
17. I quiz myself over material that could appear on future exams and quizzes.
18. I say difficult concepts out loud in order to understand them better.
19. I change my notes into my own words, for better understanding.
20. I try to create associations between new material I am trying to learn and information I already know.

16. _____
17. _____
18. _____
19. _____
20. _____

PREPARING FOR TESTS

21. I study with a classmate or group.
22. When I don't understand something, I get help from tutors, classmates, and my instructors.
23. I do all homework assignments and turn them in on time.
24. I can easily identify what I have learned and what I have not yet learned before I take a test.
25. I anticipate what possible questions may be asked on my tests and make sure I know the answers.

21. _____
22. _____
23. _____
24. _____
25. _____

MANAGING YOUR TIME

26. I use a calendar book to write down upcoming academic and personal activities.
27. I use a "to do" list to keep track of completing my academic and personal activities.
28. I start studying for quizzes and tests at least several days before I take them.
29. I start papers and projects as soon as they are assigned.
30. I have enough time for school and fun.

26. _____
27. _____
28. _____
29. _____
30. _____



STUDY SKILLS QUESTIONNAIRE SCORING

Put your score for each question on the appropriate blank and add your total score for each area.

Scoring

Rarely = 0 Sometimes = 5 Often = 10

Reading a Textbook:

1 2 3 4 5

Total _____

Memorizing:

16 17 18 19 20

Total _____

Taking Notes:

6 7 8 9 10

Total _____

Preparing for Tests:

21 22 23 24 25

Total _____

Studying:

11 12 13 14 15

Total _____

Managing Your Time:

26 27 28 29 30

Total _____

A total score of 31-50: This study skills area seems solid for you

A total score of 0-30: This study skills area may need some improvement