

Study Skills Inventory

Consider each statement below and then indicate how it applies to you. Rate each statement on a scale of 0 to 4.

(Not at all true) 0 1 2 3 4 (Very True)

- _____ 1. I spend too much time studying for what I am learning.
- _____ 2. I usually spend hours cramming the night before an exam.
- _____ 3. If I spend as much time on my social activities as I want to, I don't have enough time left to study, or when I study enough, I don't have time for a social life.
- _____ 4. I need to improve my time management.
- _____ 5. I rarely try to study without the radio or TV turned on.
- _____ 6. I can't sit and study for long periods of time without becoming tired or distracted.
- _____ 7. I go to class, but I usually doodle, daydream, or fall asleep.
- _____ 8. I need to improve my concentration when studying.
- _____ 9. My class notes are sometimes difficult to understand later.
- _____ 10. I usually seem to get the wrong material into my class notes.
- _____ 11. I fail to review my class notes within 24 hours of the time I took them.
- _____ 12. I need to improve my note taking.
- _____ 13. When I get to the end of a chapter, I can't remember what I have just learned.
- _____ 14. I don't know how to pick out what is important in the text.
- _____ 15. I often find myself getting lost in the details of reading and have trouble identifying main ideas.
- _____ 16. I need to improve my reading comprehension.
- _____ 17. I lose a lot of points on tests even when I think I know the material well.
- _____ 18. I study enough for my test, but when I get there, my mind goes blank.
- _____ 19. I often study in a haphazard, disorganized way shortly before the test.
- _____ 20. I need to improve how I am preparing for and taking tests.
- _____ 21. I can't keep up with my reading assignments, and then I have to cram the night before a test.

____22. I rarely change my reading speed in response to the difficulty level of the selection or my familiarity with the content.

____23. I often wish that I could read faster.

____24. I need to improve my reading speed when I am studying.

____25. When my professors assign papers, I feel so overwhelmed that I can't get started.

____26. I usually write my papers the night before they are due.

____27. I can't seem to organize my thoughts into a paper that makes sense.

____28. I need to improve my writing skills.

____29. I get way too nervous when my professors announce a test date.

____30. I have done poorly on a test because I was upset about the test when I took it.

____31. I worry so much about doing well on tests that it interferes with my studying.

____32. I need to reduce my anxiety about taking tests.

Scoring

Fill in each blank with the scores from the previous page.

1.	2.	3.	4.	Time management
5.	6.	7.	8.	Concentration
9.	10.	11.	12.	Note Taking
13.	14.	15.	16.	Reading Comprehension
17.	18.	19.	20.	Test Preparation and Test Taking
21.	22.	23.	24.	Reading Speed
25.	26.	27.	28.	Writing Skills
29.	30.	31.	32.	Test Anxiety Management

If your rating for any statement is **4**, or if your rating for at least three statements is **2** or **3**, you might want to read more about that area.

Places to find help with any area include:

- The Academic Skills Center English Lab on the upper floor of the Library
- Virginia Tech, Division of Student Affairs, Cook Counseling Center:
<http://www.ucc.vt.edu/stdyhelp.html> (Look under Online Study Skills Workshop)