



Name:	Date:
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Positive Learning Experiences, LLC
ADHD Specialists
Tutoring • SAT-ACT Prep

STUDY STRATEGIES CHECKLIST

Take a few minutes to evaluate your present study skills. Answer the questions below to evaluate your study strengths and weaknesses. Read each question. If you **almost always** do what is asked, write "Yes." If you **almost never** do what is asked, write "No." If you **sometimes** do what is asked, write "S."

ORGANIZATION

- _____ Do I have all the supplies I need for school?
- _____ Do I keep my notebooks and materials organized so that I can easily find them when I need them?
- _____ Do I keep a schedule of my study times and activities?
- _____ Do I write my assignments in an assignment notebook?
- _____ Do I have an organized plan for the order in which I do my assignments?
- _____ Do I complete and turn in my assignments on time?
- _____ Do I keep track of my grades on a weekly basis?
- _____ Do I complete and follow a written plan for my long-term assignments?

LEARNING STYLE

- _____ Do I use my best style of learning when I study?
- _____ Do I understand where, when and how I study best?



COMMUNICATION

_____ Do my teachers usually see my behavior in the classroom in a positive way?

_____ Do I usually know what each teacher expects of me?

_____ Do I effectively talk to my teachers when I need help?

_____ Do I discuss school-related problems I have with my teachers?

_____ Do I communicate well with other students and show respect to them?

READING COMPREHENSION

_____ Can I identify topics, main ideas and supporting details in a reading selection?

_____ Do I understand without having to re-read when reading my textbooks?

_____ Can I summarize what I have read in my own words?

_____ Do I use signal words to help me identify important information in my textbooks?

_____ Do I preview the textbook chapters?

_____ Do I consistently read my textbook?

_____ Do I have a successful method to learn new vocabulary and remember it during and after a test?



NOTE-TAKING

- _____ Do I take notes from lectures?
- _____ Do I get the important points from my teacher's lectures?
- _____ Do I use different ways to take accurate notes?
- _____ Do I use abbreviations for note-taking?
- _____ Do I turn my notes into study sheets?
- _____ Do I combine information from the textbook with my lecture notes?
- _____ Do I review my notes over a period of time?

MEMORIZATION

- _____ Do I know different ways to memorize besides reading information over and over?
- _____ Do I use different ways to memorize information?
- _____ When I take tests, do I remember most of the facts I tried to memorize?

TEST-TAKING

- _____ While taking a test, do I carefully follow directions?
- _____ Do I use appropriate strategies for taking different kinds of tests?
- _____ Do I keep old tests to use at a later time?
- _____ Do I analyze my errors from old tests to determine a pattern?
- _____ Do I effectively prepare for mid-terms and final exams?
- _____ Am I satisfied with my study habits?
- _____ Am I pleased with my grades?



DOING HOMEWORK

- _____ Do I use an assignment book?
- _____ Do I do homework in an environment that allows me to concentrate?
- _____ Do I spend enough time on homework to do a thorough job?
- _____ Do I complete homework by the time it is due?
- _____ Do I have a system for turning in completed assignments on time?

STRESS MANAGEMENT

- _____ Am I confident that I can do well in school?
- _____ Do I have a positive, optimistic outlook about my schoolwork?
- _____ Do I feel relaxed as most other students do about schoolwork and tests?
- _____ Do I know strategies to help me reduce stress and relax?

Add up the total number of questions to which you answered "Yes" and write your score:

Score: _____

42 – 47	Superior Study Habits
36 – 41	Good Study Habits
29 – 35	Average Study Habits
Below 28	Needs Improvement

Look over each of your responses and analyze your study strategy strengths and weaknesses. Your "Yes" responses indicate study strategies you are already using that are working well for you. "No" or "Sometimes" answers indicate strategies in which you should consider improving your skills. Many "No" or "Sometimes" answers under one heading indicate an area where you should focus most of your attention for improvement.

Adapted from: Study Strategies Made Easy by: Davis, Sirotowitz with Harvey C. Parker, Ph.D