

Study Skills Inventory

The College Level Study Skills Inventory will assist you by providing immediate feedback regarding your current approach to studying. In this inventory, there are six critical study skills college students need to consistently be developing: text book reading, note taking, memory, test preparation, concentration, and time management. Success, after having completed the inventory, comes in you having reflected on your studies and identified potential areas of investment.

	Almost Always 5	More than Half of the Time 4	About Half of the Time 3	Less than Half of the Time 2	Almost Never 0
Questions Regarding Text Book Reading					
1. I formulate questions from a chapter before, during, or after reading.					
2. Before reading a chapter, I survey headings, bold print, italics, questions, summaries, etc.					
3. I try to get the meaning of new terms as I encounter them the first time.					
4. I formulate answers to questions I have made as I read an assignment.					
5. I look for main ideas as I read.					
6. I am able to readily identify clarifying details under each main idea.					
7. I read a textbook chapter more than once.					
8. I use a textbook study system such as SQ3R, OK5R, PARROT, etc.					
TOTAL SCORE: _____ = _____ + _____ + _____ + _____ + _____					
Questions Regarding Notetaking					
9. I take notes as I read my textbooks.					
10. I take notes in lectures.					
11. After taking notes, I review them before going on to something else.					
12. I rewrite lecture notes.					
13. I compare notes with one or more other students to check completeness and accuracy.					
TOTAL SCORE: _____ = _____ + _____ + _____ + _____ + _____					

**Study Skills Inventory, used with permission, Dennis H. Congos*

Almost Always 5	More than Half of the Time 4	About Half of the Time 3	Less than Half of the Time 2	Almost Never 0
--------------------	---------------------------------	-----------------------------	---------------------------------	-------------------

Questions Regarding Memory

14. I review notes more than once or twice for exams and quizzes.					
15. I use mnemonics.					
16. I use visuals in my notes such as sketches, mind maps, diagrams, charts, etc.					
17. I quiz myself over material that could appear on future exams and quizzes.					
18. I organize details to main ideas into numbered or lettered lists.					
19. I convert text and lecture material into my own words.					
20. I think about material that could be on exams and quizzes when I am not studying.					
21. I try to understand material in my notes as opposed to memorizing.					
22. I try to organize main ideas and details into some logical or meaningful order.					

TOTAL SCORE: _____ = _____ + _____ + _____ + _____ + _____

Test Preparation

23. I study with a classmate or group.					
24. When I don't understand something, I get help from classmates, tutors, instructors, TAs, etc.					
25. I do all my graded and ungraded homework assignments.					
26. I turn in all my graded homework assignments on time.					
27. I can easily identify what I have learned and what I have not yet learned before I take a test.					
28. I review notes for a class before I go to that class.					
29. I read assigned material before I go to class.					
30. I begin studying for an exam from the first week material is assigned or covered in lecture.					
31. I review lecture notes soon after class.					
32. I keep up to date on assignments and homework.					
33. I eat well-balanced meals daily.					
34. I exercise daily.					
35. I have taken learning skills classes or learning skills workshops when I know about them.					

TOTAL SCORE: _____ = _____ + _____ + _____ + _____ + _____

Concentration

36. I study where it is quiet when trying to learn and remember something.					
37. I study for a length of time then take a short break before returning to studying.					
38. I study in the same place.					

	Almost Always 5	More than Half of the Time 4	About Half of the Time 3	Less than Half of the Time 2	Almost Never 0
39. I avoid cramming.					
40. I have all my study equipment handy to my study place (e.g., pens, paper, and calculator)					
41. When I sit down to study, I tell myself that I intend to study.					
42. I break larger tasks into smaller segments in order to complete a large assignment.					
43. When the subject matter is not naturally interesting, I find ways to learn it anyway.					
44. It is not difficult to pay attention in class.					
45. I avoid studying in the evenings as much as possible.					
TOTAL SCORE: _____ = _____ + _____ + _____ + _____ + _____					
Time Management					
46. I use an online calendar or book for recording daily and weekly upcoming academic and personal activities.					
47. I use lists (e.g., daily to-do lists and assignment lists) to organize academic and personal activities.					
48. I set up a master schedule of fixed monthly activities (e.g., classes, work, and club meetings)					
49. I write out short-term and long-term academic goals.					
50. I start papers and projects way before they are due.					
51. I study at least two (2) hours for every hour I am in class.					
TOTAL SCORE: _____ = _____ + _____ + _____ + _____ + _____					

<p>Write your total score for each section into the table. If your individual scores are less than the benchmarks, you stand to improve in those areas.</p>	Section	Your Score	Benchmark
	Textbooks	_____	30
	Notetaking	_____	20
	Memory	_____	30
	Test Prep	_____	40
	Concentration	_____	35
	Time Management	_____	20

We encourage you to consider taking the results of this inventory to the next level and develop an academic action plan. Consider ways in which you can invest in your learning such as attending study skills workshops, using print and online study skills resources including, handouts, videos and workbooks, or look into setting up an appointment and work with a Learning Specialist or Academic Advisor to chart a plan of action together.

*Slightly modified version of the Study Skills Inventory used with permission, Dennis H. Congos, 2014
 Copyright © Dennis H. Congos, Certified Supplemental Instruction Trainer. Learning Skills Specialist - dcongos@ucf.edu.*

Invest in your Study Skills!