Study Habit Inventory
Check List for Learning More With Less Effort

Y  N  NI*

1. Have I outlined a weekly study schedule for myself?
2. Have I asked people to be considerate of my need to study?
3. Is my study free of distractions?
4. Do I mask distracting sound with soft music or some other steady background noise?
5. Have I arranged good lighting?
6. Do I study in the same place each time?
7. Do I avoid studying one subject too long?
8. Have I determined my concentration span and set up study segments geared to my present ability?
9. Do I take short breaks after study segments and a long break each hour?
10. Can I distinguish between reading for interest and studying?
11. Do I aim studying towards passing tests?
12. As I read, do I look for possible test questions and answers?
13. Do I practice tests to prove how much I’ve learned and to prepare for examinations?
14. Do I always attend class?
15. Am I active in finding out exactly what will be expected of me during the course?
16. Do I have a notebook for each course and do I take good notes?
17. Do I view tests and notes as a source of exam questions?

*Needs Improvement

Taken from Walter, T., Siebert, A. Student Success (2nd Ed.). NY: Holt, Rinehart & Winston, 1981