

Below, you will find 14 questions about study habits that reflect important skills for success in college. Read each one and put a checkmark in the column on the right (almost always, sometimes, or almost never) that best reflects your own habits.

	HOW OFTEN...	Almost Always	Sometimes	Almost Never
1.	do you take advantage of the few minutes right before and after class to review what was covered during the previous class session or reading assignment?			
2.	do you study at the same time regularly?			
3.	do you study in the same place regularly?			
4.	do you write down specifically what you want to accomplish (e.g., what chapter or pages you will study for a specific class) before you sit down to study?			
5.	do you write out a master schedule of all tasks and assignment due dates at the beginning of a semester?			
6.	do you keep track of your time commitments in a notebook or organizer?			
7.	do you keep up with assigned readings?			
8.	do you keep up with day to day assignments?			
9.	do you plan ahead for tests, beginning to review several days or weeks ahead of time, rather than the night or two before the exam?			
10.	do you correctly anticipate how long assignments will take to complete?			
11.	do you complete what you set out to complete in a single study session?			
12.	do you break longer assignments into smaller ones before beginning a study session?			
13.	do you turn off the TV, music, or instant messaging while studying?			
14.	do you try to summarize your reading in a sentence or short paragraph?			

Now that you've considered your own habits, are there changes you can try to implement that will make you a more effective student? Sometimes all it takes is small tweaks to make a big difference

**STUDY HABITS GOALS SHEET**

What **ENVIRONMENT** is most conducive to your productive studying? Where specifically can you create/find that environment on a daily basis?

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What is the most effective use of your **TIME**? How will you schedule your 30+ hours of studying per week in a way that allows you to get the most out of your time?

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What are your specific **GOALS** for the semester? What grades will you get in your classes? What do you want to know by the end of the semester?

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What **DAILY REWARDS** are strong enough to help maintain good study habits? What is a **BIGGER LONG-TERM REWARD** you can give yourself at the end of the semester if you reach your goals?

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What **TOOLS** can you access and lean on to help you with studying and reaching your goals? Remember, you are in control of your college success, but there are lots of people and resources available to help you succeed.

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