

Reading, Writing, and Study Strategies Center*
CC-1-1300
Academic Support Programs
UMass Boston

A	U	S	R	N
L	S	O	A	E
W	U	M	R	V
A	A	E	E	E
Y	L	T	L	R
S	L	I	Y	
	Y	M		
		E		
		S		

ASSESSMENT OF ACADEMIC WORK HABITS

Name _____ Date _____

Please put a check mark in the appropriate box for each question.

- 1) I plan a schedule of when to study.
- 2) I follow my study plan.
- 3) I use a calendar to keep track of when tests are scheduled and papers are due.
- 4) I plan in advance to work on long-term assignments by breaking them down into manageable parts.
- 5) When I have too much to do I know how to determine what work I should do 1st, 2nd, 3rd, etc.
- 6) When planning my study schedule I take into consideration my non-academic responsibilities.
- 7) I study in a place with minimal distractions for me, organized with necessary materials – books, handouts, assignments, papers, pens, etc.
- 8) I listen actively to lectures and do not think about other things.
- 9) I can concentrate on my school work even when I have distractions outside of school – being in love, financial difficulties, relationship conflicts, etc.
- 10) I study without the television on.
- 11) I study without distractions from my phone.
- 12) I am up-to-date in my class assignments.
- 13) I talk to the teacher in class or during office hours when I do not understand the material or assignment.

*You are welcome to save and/or print copies of this entire document (no derivatives) for non-commercial purposes, if you attribute the source. Revised Dec 2010

A L W A Y S	U S U A L L Y	S O M E T I M E S	R A R E L Y	N E V E R

- 14) I feel I will be successful while I am in school.
- 15) I feel like I have control over what happens to me in school
- 16) I know where to go when I have a question.
- 17) I plan my semester schedule so I have time during the day to get my questions answered.
- 18) I am able to distinguish between more important and less important information during lectures.
- 19) I look for patterns of organization in information when I am listening and reading.
- 20) I take notes during classes.
- 21) I take notes while reading textbooks.
- 22) My textbook notes are understandable and useful.
- 23) I am able to identify the important ideas in my reading.
- 24) I use the chapter headings as a guide to identify important ideas I my reading.
- 25) I vary my reading speed according to the type of material and purpose.
- 26) I feel confident about my reading ability.
- 27) I use special study aids, such as *italics* and headings, that are in my textbook.
- 28) I stop periodically while reading and review what I have read.
- 29) When I study I can figure out what to do to learn the material.

*You are welcome to save and/or print copies of this entire document (no derivatives) for non-commercial purposes, if you attribute the source. Revised Dec 2010

