

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

**STUDY HABITS SELF-INVENTORY**  
(Please use the back if you need more space.)

1. What are my best study places? (e.g., cafeteria, my room, local library) \_\_\_\_\_  
\_\_\_\_\_
2. What are my worst study places? (e.g., in a TV room, the McCormack Lounge) \_\_\_\_\_  
\_\_\_\_\_
3. What kind of atmosphere works best? (e.g., where others are studying, complete silence, away from home) \_\_\_\_\_  
\_\_\_\_\_
4. What atmosphere does not work? (e.g., noisy places, cramped spaces, cluttered desk, complete silence) \_\_\_\_\_  
\_\_\_\_\_
5. How do I deal with distractions? \_\_\_\_\_
6. What are my best times of the day/evening for studying? \_\_\_\_\_
7. What are my worst times of the day/evening for studying? \_\_\_\_\_
8. What are my best and worst times for studying on weekends? \_\_\_\_\_
9. Have I ever tried to experiment with, or make adjustments to find and use my best study time and conditions?  
\_\_\_\_\_ If so, what were the results? \_\_\_\_\_
10. What are my most productive blocks of study time? (e.g., 1 hr. blocks with short breaks) \_\_\_\_\_  
\_\_\_\_\_
11. Do I plan my study schedule? \_\_\_\_\_ If so, does it work? \_\_\_\_\_
12. Do I try to set specific manageable goals for specific time blocks? \_\_\_\_\_ If so, what happens? \_\_\_\_\_  
\_\_\_\_\_
13. Do I use an appointment calendar to work backwards from paper and test dates to break down tasks to be worked on over time? \_\_\_\_\_
14. How has answering these questions helped me to become more aware of my study habits and possibilities for improvement? \_\_\_\_\_