

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? _____