

Study Skills Survey

Take this survey to assess your college study skills. Choose the column that most applies to you at this point in time, then add the points accordingly.

TIME MANAGEMENT	Never (1)	Sometimes (2)	Usually (3)	Always (4)
1. At the beginning of the term, I make up a weekly activity/study schedule.				
2. I use some kind of time management system (planner, e-calendar, etc.) to keep myself organized.				
3. I devote sufficient study time to each of my courses. (Remember: 2 x your credit hours = Recommended minimum study hours per week)				
4. I schedule definite times and outline specific goals for my study time.				
5. I prepare a daily "to do" list.				
6. I use prime time (when I am most alert) for study.				
7. I begin major course assignments well in advance.				
8. I arrive at classes and other meetings on time.				
Total Points per column:				
Total Points for Time Management Section:				
MOTIVATION / ATTITUDE				
1. I attend class regularly.				
2. I am alert in class.				
3. I sit near the front of the class or in the "T-zone" if possible.				
4. I ask questions when clarification is needed.				
5. I volunteer answers to questions posed in class.				
6. I participate in class discussions and activities.				
7. I take the initiative in group activities.				
8. I use a study method which helps me develop an interest in the material to be studied.				
Total Points per column:				
Total Points for Motivation/Attitude Section:				
STRATEGIC LEARNING				
1. I break assignments into manageable parts.				
2. I maintain a critical attitude during my study--thinking before accepting or rejecting.				
3. I relate material learned in one course to material in other courses.				
4. I try to organize facts in a systematic way.				
5. I use questions to better organize and understand the material I am studying.				
6. I try to find the best study method(s) to do a given job.				
7. I use a weekly review approach to remember/stay familiar with the material I've learned in my classes.				
8. I use campus resources, such as tutoring or academic coaching, when needed.				
Total Points per column:				
Total Points per Strategic Learning Section:				
FOCUS & MEMORY				
1. I have the "study-place" habit, that is, merely being at a certain place at a certain time means it is time to study.				
2. I study in a place free from auditory and visual distractions.				
3. I have at least two places I know are good study environments for me.				
4. I limit my electronic distractions when it is time to study.				
5. I am confident with the level of concentration I am able to maintain.				
6. I learn with the intention of remembering.				
7. I have an accurate understanding of the material I wish to remember.				
8. I recall readily those things which I have studied.				
Total Points per column:				
Total Points per Focus & Memory Section:				

NOTE TAKING	Never (1)	Sometimes (2)	Usually (3)	Always (4)
1. I understand the lecture and classroom discussion while I am taking notes.				
2. I organize my notes in some meaningful manner (such as Cornell or outline format).				
3. I review and edit my notes systematically.				
4. I take notes on supplementary reading materials.				
5. I have a system for marking textbooks.				
6. I write notes/mark/underline in the book while I read.				
7. I try to write down the main ideas, not every single word the instructor says.				
8. If I am unable to attend class, I have a plan to obtain the notes.				
Total Points per column:				
Total Points for Note Taking Section:				
ACTIVE READING				
1. I survey each chapter before I begin reading.				
2. I follow the writer's organization to increase meaning.				
3. When learning a unit of material, I summarize it in my own words/take separate notes while reading.				
4. I look up parts I don't understand.				
5. I am satisfied with my reading ability.				
6. I focus on the main point while reading.				
7. When reading, I underline or highlight parts I think are important.				
8. I review readings as part of a weekly review study process.				
Total Points per column:				
Total Points for Active Reading Section:				
WRITING				
1. I find that I am able to express my thoughts well in writing.				
2. I write rough drafts and use the writing process of drafting/revision.				
3. I put aside a written assignment for a day or so, then rewrite it.				
4. I review my writing for grammatical errors.				
5. I have someone else read my written work and consider their suggestions for improved writing.				
6. I am comfortable using library sources for research.				
7. I am able to narrow a topic for an essay, research paper, etc.				
8. I allow sufficient time to collect information, organize material, and write the assignment.				
Total Points per column:				
Total Points per Writing Section:				
TEST PREP & TEST TAKING				
1. I find out what the exam will cover and how it will be graded.				
2. I feel confident that I am prepared for the exam and make a focused study plan at least a week prior to it.				
3. I create/practice possible test questions during my preparation for an exam.				
4. I take time to understand the exam questions before starting an answer.				
5. I follow directions carefully when taking an exam.				
6. I usually get a good night's rest prior to a scheduled exam.				
7. I am calmly able to recall what I know during an exam.				
8. I understand the structure of different types of tests/questions and am able to prepare for each type.				
Total Points per column:				
Total Points per Test Prep & Test Taking Section:				





Scoring Information

Look at your total points for each section and find the relevant point spread information.

Time Management:

25-32 = Your answers indicate that you're doing quite well. Keep up the good work. Remember that you can always meet with an Academic Success Coach in the College of Nursing to talk about time management.

17-24 = Your answers indicate that your time management skills are relatively good. However, there could be some room for improvement. Think about the specific time management areas where you have a challenge, and make a plan to address these. You are always welcome to meet with an Academic Success Coach in the College of Nursing to talk about it.

9-16 = You may be having difficulty with establishing consistency regarding your time management. Think about how you could begin to build regularity with your schedule. Also, make an appointment to talk with an Academic Success Coach in the College of Nursing about how you can improve your time management.

1-8 = It looks like time management may be a significant challenge for you. If you aren't using some kind of planning system, begin with that. And – make an appointment to talk with an Academic Success Coach in the College of Nursing to talk about ways to improve.

Motivation/Attitude:

25-32 = It looks like you know why you are in college and are quite motivated to move forward with your school work. If you would like to talk about motivation or procrastination, you can make an appointment anytime with an Academic Success Coach in the College of Nursing.

17-24 = You may want to focus a little more on why you are in college and develop more active approaches to your learning. Consider making an appointment with an Academic Success Coach in the College of Nursing to talk about this.

9-16 = It looks like motivation and attitude may be a challenge for you. If you're having difficulty with motivation and procrastination regarding your learning, make an appointment to talk about it with an Academic Success Coach in the College of Nursing.

1-8 = Your answers indicate that motivation and attitude are substantial concerns. Take a look at the statements in this section and start putting those behaviors into practice. Also, discuss this at an appointment with an Academic Success Coach in the College of Nursing.

Strategic Learning:

25-32 = You have good approaches to your learning and employ various strategies to help you absorb information. If you would like to discuss learning strategies further, you can make an appointment with an Academic Success Coach in the College of Nursing.

17-24 = You could improve your learning strategies and better organize information more consistently to help you learn. Look at the statements in the Strategic Learning section of the survey for initial suggestions. Also, consider discussing this topic at an appointment with an Academic Success Coach in the College of Nursing.

9-16 = Utilizing learning strategies consistently can be tough at times. Make an appointment with an Academic Success Coach in the College of Nursing to discuss your classes, assignments, and ways to learn more effectively.

1-8 = You could use some help with developing effective learning strategies. Make an appointment to talk about learning how to learn with an Academic Success Coach in the College of Nursing.

Focus & Memory:

25-32 = You seem able to concentrate and remember material for your courses. If you would like to learn more about focus and memory, you are welcome to schedule an appointment with an Academic Success Coach in the College of Nursing.

17-24 = You could expand your skills regarding concentration and retention of information. To learn about ways to improve this, consider making an appointment with an Academic Success Coach in the College of Nursing.

9-16 = Retaining information and focusing can be a problem. To learn more about how you can improve in these areas, make an appointment with an Academic Success Coach in the College of Nursing.

1-8 = It looks like you need some assistance with concentration and remembering information. To find out more information on this topic, make an appointment with an Academic Success Coach in the College of Nursing.

Note Taking:

25-32 = It looks like you have good note taking skills and are able to effectively use those notes when studying. If you would like to discuss the topic of note taking further, feel free to schedule an appointment with an Academic Success Coach in the College of Nursing.

17-24 = You have relatively good skills in this area, but could develop more active approaches for taking notes in the classroom and from texts. To talk about additional ways to improve, make an appointment with an Academic Success Coach in the College of Nursing.

9-16 = Note taking is often inconsistent for you. To develop a reliable approach to your note taking, make an appointment with an Academic Success Coach in the College of Nursing.

1-8 = Note taking appears to be a substantial concern. To determine the best approaches to taking notes for you/your courses, see an Academic Success Coach in the College of Nursing.

Active Reading:

25-32 = You seem to be utilizing effective reading skills and strategies. To learn more about this topic, you can always make an appointment with an Academic Success Coach in the College of Nursing.

17-24 = You could improve your strategies for reading and learning college materials. Academic reading requires more active approaches than reading for pleasure. Think about making an appointment with an Academic Success Coach in the College of Nursing to discuss this topic further.

9-16 = It appears you may be having trouble utilizing active reading strategies consistently. To discuss ways of improving on your reading assignments, please make an appointment with an Academic Success Coach in the College of Nursing.

1-8 = You could use some help with establishing active reading strategies. To find effective ways to improve with your reading assignments, schedule an appointment with an Academic Success Coach in the College of Nursing.

Writing:

25-32 = It appears your writing skills are serving you well. To find out more information on this topic, talk with a writing consultant at UNL's Writing Center <http://www.unl.edu/writing> or a librarian who can assist you as a research coach in Love Library <http://libraries.unl.edu/researchcoaching>.

17-24 = You could develop your writing and researching skills. To learn more about how to do that, meet with a writing consultant at UNL's Writing Center <http://www.unl.edu/writing> or a librarian who can assist you as a research coach in Love Library <http://libraries.unl.edu/researchcoaching>.

9-16 = You sometimes have challenges with writing assignments. To learn how to approach writing and researching more effectively, contact a writing consultant at UNL's Writing Center <http://www.unl.edu/writing> or a librarian who can assist you as a research coach in Love Library <http://libraries.unl.edu/researchcoaching>.

1-8 = Your writing and researching skills appear to be a sizeable concern. You can learn how to improve on these skills by meeting with a writing consultant at UNL's Writing Center <http://www.unl.edu/writing> or a librarian who can assist you as a research coach in Love Library <http://libraries.unl.edu/researchcoaching>.

Test Prep & Test Taking:

25-32 = You are preparing and doing well with tests. To learn more information about this topic, feel free to make an appointment with an Academic Success Coach in the College of Nursing.

17-24 = You appear to have relatively good skills in this area but could develop more effective approaches to preparing for and taking tests. To learn more about this, consider an appointment with an Academic Success Coach in the College of Nursing.

9-16 = You could develop more consistent and effective strategies for preparing and taking exams. Make an appointment with an Academic Success Coach in the College of Nursing to talk about this topic further.

1-8 = Test preparation and test taking are a considerable challenge for you. Schedule an appointment with an Academic Success Coach in the College of Nursing to talk about this topic further.