

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**DIRECTIONS** Please check each box that applies to you and total the number of checks for each section.

## Section I: Study Motivation

1. Do you usually do only enough to get a passing grade in your class? \_\_\_
2. Do you believe that academic work only takes time away from other things you would rather be doing? \_\_\_
3. Do you believe that having a good time outside of school is more important than studying? \_\_\_
4. Do you lose interest in most of your classes after a few days or weeks? \_\_\_
5. Do you often spend class time daydreaming or sleeping instead of listening to the teacher? \_\_\_
6. Are you unable to devote time to your studies because of boredom, restlessness, or lack of interest? \_\_\_
7. Is your study hit-or-miss depending on your moods? \_\_\_
8. Do you feel that the classes you have taken will not prepare you to get a job/prepare you for college? \_\_\_
9. Do you seriously think about dropping out of school and getting a job? \_\_\_
10. Are you undecided about your educational goals? \_\_\_
11. Do you dislike reading for class because you find it dull and boring? \_\_\_
12. Do you wait until a day or two before a test to read your assignments and review your notes? \_\_\_
13. Do you believe that you are taking classes that have little practical value to you? \_\_\_
14. Do you feel that your teachers demand too much work from you? \_\_\_
15. Do you usually hesitate to ask your teachers for help with difficult assignments? \_\_\_
16. Do you have to understand the purpose or aim of the assignment in order to feel like you need to actually do it? \_\_\_

Total: \_\_\_\_/16

## Section II: Study Organization

1. Do you usually wait until the last minute to prepare reports or papers? \_\_\_
2. Do you usually wait a day or more before reviewing your notes? \_\_\_
3. Do you frequently go to class too tired or too sleepy to study or pay attention effectively? \_\_\_
4. Do athletic/outside activities often cause you to neglect your coursework? \_\_\_
5. Do you often fail to complete homework assignments on time? \_\_\_
6. Do you sometimes get behind in one class because you have to study for another? \_\_\_
7. Do you frequently spend time watching television, listening to music, reading magazines, playing video games when you should be studying? \_\_\_
8. Do you seem to spend a lot of time studying but accomplishing very little? \_\_\_
9. Do you sometimes discover that you have fallen asleep while studying? \_\_\_
10. Do you keep photographs, pictures, clutter, and or litter on your desk or study table? \_\_\_
11. Does the lighting in your study area shed enough light so that you don't have to squint to see what you're doing? \_\_\_
12. Do visitors/telephone calls often interrupt you when you are trying to study? \_\_\_
13. Do you take several long breaks when you study? \_\_\_

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14. Do you usually study with a television, I-pod, or radio playing? \_\_\_
15. Is your studying often disturbed by people or noise outside your room or space? \_\_\_
16. Do you often find that you cannot complete your studying because the books and study materials you need are missing? \_\_\_

Total: \_\_\_\_/16

### Section III: Study Techniques

1. Do you usually read class materials only before the test? \_\_\_
2. Do you normally begin reading an assignment before looking ahead at the unit headings and illustrations? \_\_\_
3. Do you get behind in your note-taking because you can't write fast enough? \_\_\_
4. Do you often have difficulty making sense of your notes? \_\_\_
5. Do you try to copy lectures word for word? \_\_\_
6. Do you frequently have difficulty picking out the important points in your reading assignments? \_\_\_
7. Do you have great difficulty selecting topics for reports? \_\_\_
8. Do you usually prepare an outline for papers or reports before you actually do them? \_\_\_
9. Do you prepare for tests by trying to memorize definitions, rules and formulas that you do not understand? \_\_\_
10. Are you confused by most multiple-choice tests? \_\_\_
11. Do you usually run out of time when taking essay tests? \_\_\_
12. Do you have difficulty organizing your study material into logical units? \_\_\_
13. Do you frequently lose points for not carefully checking your answers before turning them in? \_\_\_
14. Do you often lose points on true-false tests because you misread the questions? \_\_\_
15. Do you frequently daydream while studying for a test? \_\_\_
16. Do you depend primarily on last-minute cramming to prepare for tests? \_\_\_

Total: \_\_\_\_/16

### Total Number of Checks for:

Study Motivation: \_\_\_\_\_

Study Organization: \_\_\_\_\_

Study Techniques: \_\_\_\_\_

Total number of Checks: \_\_\_\_\_