





STUDY HABITS – SELF-ASSESSMENT

Though there's no overnight formula for getting better grades, the following ideas can boost your marks significantly! How do your study habits rate? Take the following quiz to find out!

How do your study habits rate?	Never 	Sometimes 	Usually 	Always 
1. My notebooks are neat and organized.	0	1	2	3
2. I complete assignments and hand them in on time.	0	1	2	3
3. I listen carefully to instructions from my teachers.	0	1	2	3
4. If I don't understand something in class, I ask questions.	0	1	2	3
5. I do my homework before watching TV and before playing on the computer.	0	1	2	3
6. I study and do my homework in a quiet place at home.	0	1	2	3
7. I bring all the materials I need, like textbooks, to class.	0	1	2	3
8. I review my notes each week.	0	1	2	3
9. I use a "homework book" or agenda to track assignments, tests and due dates.	0	1	2	3
10. If I don't write it out "in good," I use a computer and hand in typed assignments.	0	1	2	3

Now, add up your score out of 30: _____

WHAT'S YOUR SCORE?

0 – 7: Hmm. Talk to your parents or teacher about ways to improve your study skills!

8 – 15: You're on the right track and have started to develop some good study habits.

Keep working on it!

16 – 23: Good job! Now use the ideas above to think about other areas to improve.

24 – 30: WOO HOO! Share those study strategies with your friends!

(L. Corzine adapted this from materials by Ms. Ruth MacDonald of Elliot Lake Secondary School. It is in a slightly different format in Frontier College's *A Tutor's Guide: How to Communicate Effectively with Teens*.)