

STUDY STRATEGIES SELF-EVALUATION

The goal of Learning Assistance is to help you learn to “Study Smarter, Not Longer.” Examine your current study strategies for one of your classes and evaluate them on a scale of 1 to 5, with 1 being “Hardly ever,” to 5 being “Almost always.”

PRIOR TO CLASS:

	Hardly Ever	Sometimes	Almost Always	Always	
Survey the chapter. I read titles, headings, first and last paragraphs, pictures, charts, diagrams, summaries, key words, and end-of-unit questions. (2-3 min/10 pages).	1	2	3	4	5
Question: I think of questions from your survey; e.g. change headings into questions, look for cause and effect relationships, vocabulary meanings and examples.	1	2	3	4	5
Read: I read quickly to get the main ideas and find answers to my questions.	1	2	3	4	5
Recite: I ask myself “What have I read?” and answer out loud.	1	2	3	4	5

DURING CLASS:

	Hardly Ever	Sometimes	Almost Always	Always	
Listen: I listen for “the story”.	1	2	3	4	5
Sit: I sit where I can make eye contact with instructor, hear easily and see visual aids.	1	2	3	4	5
I ask questions during class.	1	2	3	4	5
My notes are well organized .	1	2	3	4	5

AS SOON AS POSSIBLE AFTER CLASS:

	Hardly Ever	Sometimes	Almost Always	Always	
Edit: Asap after class, I edit my lecture notes.	1	2	3	4	5
• I write a <i>summary</i> of the lecture.	1	2	3	4	5
• I develop <i>recall (cue) questions</i> .	1	2	3	4	5
• I check for <i>completeness</i> and <i>fill in gaps</i> by using <i>text</i> .	1	2	3	4	5
• I check for <i>accuracy</i> .	1	2	3	4	5
• I check to see if understand the <i>meaning</i> of the material.	1	2	3	4	5
• I <i>improve the organization</i> ; e.g. underline, add headings, or as a last resort, re-write my notes	1	2	3	4	5
• I write a <i>summary</i> of the lecture.	1	2	3	4	5

WEEKLY:

	Hardly Ever	Sometimes	Almost Always	Always
Review: I review all notes for class at least once a week.	1	2	3	5
• I <i>recite</i> questions and answers from my <i>recall column</i> .	1	2	3	5
• I <i>reflect</i> on the relationship of the material to previous material.	1	2	3	5
• I <i>test</i> myself on the material using the text, CD, or website.	1	2	3	5
• I <i>seek help</i> from instructor, tutor, or classmate if I don't understand the material.	1	2	3	5

PREPARING FOR EXAM:

	Hardly Ever	Sometimes	Almost Always	Always
I start preparing at least 5 days before the exam.	1	2	3	5
I rehearse the material using all of all of the above, and	1	2	3	5
• I create summary study sheets, concept maps or word cards.	1	2	3	5
• I form a study group .	1	2	3	5
• I predict questions that may be on the exam.	1	2	3	5
• I check my understanding by telling the story of all the figures in the book.	1	2	3	5

Now describe what you believe are the strengths and weaknesses of your study strategies. What three specific improvements would you like to make?

Strengths:

Weaknesses:

Improvements:

1.

2.

3.
