

How often do you:	Never	Sometimes	Often	Always
Estimate and set aside the time needed to study?	0	1	2	3
Meet assignment deadlines?	0	1	2	3
Write a daily "to do" list?	0	1	2	3
Set specific goals for each study period?	0	1	2	3
Stick to your plan of action?	0	1	2	3
Study during your most productive hours of the day?	0	1	2	3
Use resources such as library, tutors, workshops, study groups, etc.?	0	1	2	3
Talk to your instructors?	0	1	2	3
Read assigned materials before class?	0	1	2	3

Score:

0-10 It is highly unlikely that you will pass. You may need to redesign your life for the time you are in school. See a counsellor if you are not sure where to start.

11-20 Your skills need serious improvement. Possibly meeting with a counsellor for study skill strategies or engaging in workshops offered on campus would be helpful.

21-35 Your skills are average. If you want to do better, consider increasing either the frequency of studying or variety of your methods.

36-40 You have strong study skills. But if you gave "0" to more than two of the areas, try some of the strategies.

41-45 You must be a successful student and your grades will probably reflect this. If your marks are low in spite of consistent studying, the problem must be outside your study practices. Consult with a counsellor to figure out the reason and ways to overcome it.

Need help? Book and appointment with the Counsellor.