

Please take a few minutes to complete your Study Skills Profile. It will help you understand how you are currently studying. This is not a test, and you will not be graded on your answers. The information is for your own use, so answer as honestly as you can.

STATEMENT	USUALLY	SOMETIMES	RARELY
I'm motivated to do well in school and get good grades.			
I'm motivated in school.			
I'm well organized.			
I bring home the materials I need to do my homework.			
I record my assignments every day in my assignment notebook.			
I avoid listening to loud music or watching TV when I study.			
I spend adequate time studying and doing homework.			
I study without a lot of interruptions.			
I do my work without procrastinating.			
I can concentrate when studying.			
I understand and can follow written directions.			
I understand and can follow verbal directions.			

I can work independently.			
I have a written study schedule that I follow.			
I plan ahead.			
I manage my time well.			
I consistently complete my assignments.			
I consistently submit my assignments on time.			
I establish short term goals (example: a B+ on the next history test)			
I can understand the content in my textbooks.			
I can remember what I read.			
I know how to identify important information when studying.			
I can recall important information when studying.			
I can recall key information when I take a test.			
I feel confident when taking tests.			
I take good class notes.			
I take good textbook notes.			
I can figure out what my teachers are likely to ask on tests.			

I can study intensively for 20 minutes without taking a break.			
I know how to review and study effectively for tests.			
I have confidence in my academic skills.			
I make my best effort in school.			
I am truthful when telling my parents I have done my homework.			
I am satisfied with my grades.			
I am satisfied with my current study skills.			
TOTAL			

Interpreting your responses:

If you checked "Rarely" in response to more than 2 of the statements on the inventory, or you checked "Sometimes" to more than 5 statements, this class can plan a major role in improving your school performance. Even if you checked "Usually" to most of the statements, you'll undoubtedly benefit from this study skills enhancement program.