

Name: _____ Block: _____ Date: _____

STUDY HABITS AND STRATEGIES QUESTIONNAIRE

Think back to the previous school year/semester and put checkmarks (✓) in the boxes that best describes you:

A) STUDY STRATEGIES & HABITS	ALMOST ALWAYS	MORE THAN HALF THE TIME	ABOUT HALF THE TIME	LESS THAN HALF THE TIME	ALMOST NEVER
1. Did you start working on assignments and homework when they were assigned?					
2. Did you take time each day to read over your class notes from that day?					
3. Did you check teacher websites or your weekly planner on weekends to see what was due in the coming days?					
4. Did you ask your teachers if you were missing any assignments?					
5. Did you put your phone on silent/ignore your phone while working or studying?					

B) READING STRATEGIES & HABITS	ALMOST ALWAYS	MORE THAN HALF THE TIME	ABOUT HALF THE TIME	LESS THAN HALF THE TIME	ALMOST NEVER
1. Did you look over the assigned questions before you began reading the textbook section?					

Please turn to the next page.

B) READING STRATEGIES & HABITS (continued)	ALMOST ALWAYS	MORE THAN HALF THE TIME	ABOUT HALF THE TIME	LESS THAN HALF THE TIME	ALMOST NEVER
2. Besides required textbooks, did you read over the teacher handouts & class notes?					

C) TAKING NOTES: STRATEGIES & HABITS	ALMOST ALWAYS	MORE THAN HALF THE TIME	ABOUT HALF THE TIME	LESS THAN HALF THE TIME	ALMOST NEVER
1. Did you copy down everything the teacher wrote on the board/screen? (Even if they didn't remind you?)					
2. Did you take photos of your notes for studying on your phone when you have extra time?					

D) STUDYING FOR EXAMS/TESTS: STRATEGIES & HABITS	ALMOST ALWAYS	MORE THAN HALF THE TIME	ABOUT HALF THE TIME	LESS THAN HALF THE TIME	ALMOST NEVER
1. Before a test, did you find out what to study?					
2. Did you make cheat-sheets or flashcards to help you study?					
3. Did you start studying two or more days earlier?					
4. While studying, if something confused you, did you ask for another explanation from a teacher or friend or go to FIT?					

Please turn to the next page.

E) TAKING TESTS: STRATEGIES & HABITS	ALMOST ALWAYS	MORE THAN HALF THE TIME	ABOUT HALF THE TIME	LESS THAN HALF THE TIME	ALMOST NEVER
1. Did you read all the instructions for each section on tests?					
2. Did you flip through the test to see how long it was, before you began answering questions?					
3. Did you check the clock to see how much time you had left?					
4. Did you try to write something down, even for partial marks?					

Strategy/Habit Categories	Put a ✓ by the category you feel most confident about.
A) STUDY STRATEGIES & HABITS	
B) READING STRATEGIES & HABITS	
C) TAKING NOTES: STRATEGIES & HABITS	
D) STUDYING FOR EXAMS/TESTS: STRATEGIES & HABITS	
E) TAKING TESTS: STRATEGIES & HABITS	

Why did you pick this category?

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