

Session 3 – “Study Skills...” – 1

Activity 1 – “What Are My Study Habits?”

Complete this questionnaire about your current study habits. Circle the number that best describes your study habits in each statement below.

Rating Scale

3 = always

2 = usually

1 = sometimes

0 = never

- | | | | | |
|--|---|---|---|---|
| 1. There is a special, quiet place at home where I study. | 3 | 2 | 1 | 0 |
| 2. My papers are clean and neat. | 3 | 2 | 1 | 0 |
| 3. I have my school work organized in a notebook or folder. | 3 | 2 | 1 | 0 |
| 4. I ask questions when I don't understand something in class. | 3 | 2 | 1 | 0 |
| 5. I finish my school work on time. | 3 | 2 | 1 | 0 |
| 6. I have a study buddy in class who I can contact after-school if I forget to write down an assignment. | 3 | 2 | 1 | 0 |
| 7. I listen carefully to directions the teacher gives. | 3 | 2 | 1 | 0 |
| 8. I read the directions before starting an assignment. | 3 | 2 | 1 | 0 |
| 9. When I study with friends, I work first and then play. | 3 | 2 | 1 | 0 |
| 10. I have one place where I write all homework assignments. | 3 | 2 | 1 | 0 |
| 11. I come to class prepared with the required materials. | 3 | 2 | 1 | 0 |
| 12. I make a habit of completing my homework during the school day. | 3 | 2 | 1 | 0 |

Session 3 – “Study Skills...” – 2

Activity 2 – “Skills for Classroom Success”

Below are several skills that are important for being successful in class. Read each item, then circle the number of the response that is most like you at this time.

Rating Scale

1 = I do very well

2 = I do well

3 = I do OK

4 = I need to improve some

5 = I need to improve a lot

1. I go to every class and get there on time.

1 2 3 4 5

2. I take a notebook to every class.

1 2 3 4 5

3. I listen and concentrate in class.

1 2 3 4 5

4. I ask questions when I need information.

1 2 3 4 5

5. I take good notes in class.

1 2 3 4 5

6. I listen for possible test questions.

1 2 3 4 5

7. I participate actively in class.

1 2 3 4 5

8. I understand what it will take to complete homework assignments.

1 2 3 4 5

9. I have a “study buddy” in each class.

1 2 3 4 5

10. I practice good stress management before and after class.

1 2 3 4 5

Session 3 – Study Skills... -- 3

Worksheet 1 – Test-taking Strategies

How Do I Show What I Know?

One week before the test:

- Gather ALL material for test
- Lecture Notes
- Textbook marking
- Old tests
- Homework
- Divide up into logical portions

Each day:

- Review previous material
- Study any new portion

The day before the test:

- Compose a master study sheet
- Take a practice exam
- Get a good night's sleep

The day of the test:

- Eat breakfast
- Final review of study guide
- Go to the exam confidently
- Engage in a relaxed activity the last hour or two before the exam
- Be prepared with necessary tools
- Avoid peers that are anxiety generators

During the test:

- Survey the entire exam
- Start with the easiest questions
- Focus on content instead of feelings
- Read the directions carefully
- If you skip a question, make sure you skip the corresponding line or blank on the answer sheet

After the test:

- Reward yourself
- Learn from the exam by searching for a pattern to your errors
- Look for the things that made you the most unsure