

Study Skills Checklist

Try the quiz below to work out what you could do to improve your approach to your studies and your results:

- | | | |
|----|--|----------|
| 1 | Have you set yourself goals to strive for over this year? | YES / NO |
| 2 | Do you know what motivates you to do work? | YES / NO |
| 3 | Do you try to take a positive approach to your studies? | YES / NO |
| 4 | Do you make an effort to make the thoughts in your head positive ones? | YES / NO |
| 5 | Are you making the most of class time, listening and focusing and completing all work? | YES / NO |
| 6 | Have you been asking for help if you don't understand something? | YES / NO |
| 7 | Have you been writing all your homework into your diary or online planner and getting it done? | YES / NO |
| 8 | Have you been breaking down bigger tasks and scheduling the work in your diary/planner? | YES / NO |
| 9 | Have you been keeping track of what you complete and rescheduling unfinished work? | YES / NO |
| 10 | Have you organised your folders for papers and digital resources for school? | YES / NO |
| 11 | Do you have folders or somewhere at home to file away all your work for your topics? | YES / NO |
| 12 | Have you decided what you will keep or do your study notes in? | YES / NO |
| 13 | Have you been working on study notes each time you finish a topic for a subject? | YES / NO |
| 14 | Do you have a term planner above your desk where you can easily see the heavy weeks? | YES / NO |
| 15 | Have you set up a good study environment at home, a place where you can focus and work? | YES / NO |
| 16 | Are you doing around an hour and a half of schoolwork most nights (2-3 hrs for seniors)? | YES / NO |
| 17 | Have you thought realistically about whether you have too many outside school activities? | YES / NO |
| 18 | Have you allocated set periods of time for school work (eg at least 3 x half hour blocks)? | YES / NO |
| 19 | Do you remove all distractions etc. when you are focusing on your schoolwork at home? | YES / NO |
| 20 | Do you prioritise each afternoon what you will work on that night? | YES / NO |
| 21 | When you make study notes, are you making them visual with mind maps, highlighting etc? | YES / NO |
| 22 | When you study for a test, do you both 'learn' the content and 'practise' the skills? | YES / NO |
| 23 | Do you try to do lots of the practise under examination conditions? | YES / NO |
| 24 | Have you reviewed the different study techniques that you should use for your learning style? | YES / NO |
| 25 | Are you doing more than 'just reading' when you study for an assessment? | YES / NO |
| 26 | Have you thought about how you will overcome the obstacles you face in achieving your best? | YES / NO |
| 27 | Have you set up some routines to try and create habits that will help you this year? | YES / NO |

