1. I avoid last-minute cramming (studying new information for an extended period of time) just before exams. □ □ □

2. I finish my assignments on time. □ □ □

3. I allow sufficient time for sleep and recreation. □ □ □

4. I adapt the length of my study periods to the type and difficulty of my work. □ □ □

5. I find time to review class notes and assigned readings before each class. □ □ □

6. I do some work in every subject on the nights that I study. □ □ □

7. Before I begin to study a new chapter in a textbook, I find time to review old material. □ □ □

8. I use weekend time efficiently, spreading out my work evenly between Saturday and Sunday. □ □ □

9. I study my most difficult subjects at a time when I work most efficiently. □ □ □

10. I use my study periods and unscheduled time wisely and effectively. □ □ □

11. I avoid studying two very similar subjects in a row. □ □ □

12. When I have papers to write, I start them early. □ □ □

13. I make lists of the things I have to do. □ □ □

14. I have a monthly calendar on which I have written all my test dates and paper deadlines. □ □ □

15. The monthly calendar is visible, and I refer to it often. □ □ □

16. I complete most of what I plan to do on a given day. □ □ □

17. Periodically, I stop to evaluate how effectively I am using my time. □ □ □

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Niagara University
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