



ACADEMIC RESOURCE CENTER

Read. Write. Learn. . . Better

arc.georgefox.edu

Study Habits Inventory

	Never	Rarely	Sometimes	Frequently	Always
Do you follow a daily schedule?					
Do you keep a long-term schedule or calendar of tests, projects, reports, etc.?					
Do you study between classes?					
Do you have a regular place to study?					
Do you study where there are no distractions?					
Do you remain focused on what you are reading or studying?					
Do you take study breaks?					
Do you preview assignments before reading them?					
Do you underline in textbooks?					
Do you complete your reading assignments before class?					
Do you look up new words?					
Do you keep track of new words you learn?					
Do you take notes in class?					
Do you have a note-taking system?					
Do you review your notes within 24 hours?					
Do you review before tests?					
Do you go over returned tests?					
Do you get eight hours of sleep each night?					
Do you get regular exercise?					
TOTAL	<input type="text"/>				
WEIGHT	x0	x1	x2	x3	x4
SCORE	0	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

FINAL SCORE:

(<20 – Poor; 21-40 – Fair; 41-60 – Good; >60 – Excellent)

Adapted from University of Puget Sound Learning Center, used with permission