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## Study Habits Checklist

	<b>Never</b>	<b>Sometimes</b>	<b>Often/Always</b>
1. I am able to take during lectures, films, or speeches.	___	___	___
2. I can take notes while reading.	___	___	___
3. I have difficulties with pronouncing words.	___	___	___
4. I can read, but I do understand what I am reading.	___	___	___
5. My major trouble seems to be that I can't get interested in the material I have to learn.	___	___	___
6. I understand what I read, but it seems that I can't remember the material.	___	___	___
7. I am organized, and I plan my assignments ahead of time.	___	___	___
8. Whenever I sit down to study material I am supposed to study.	___	___	___
9. I can stand in front of a group of people and speak or recite a poem.	___	___	___
10. When I read, I seem to recognize single letters and words instead of whole phrases.	___	___	___
11. Whenever I start a test, I seem to get over the first or second question. Usually I know the answers, but it feels as if I am "stuck".	___	___	___

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## Study Habits Checklist (continued)

	Never	Sometimes	Often/Always
12. My reading is handicapped by not knowing difficult words. This slows down my reading.	_____	_____	_____
13. I believe I know the meaning of most of the words I read, but defining them is quite another thing. I seem to grope for the right words but can't express them.	_____	_____	_____
14. Whenever I read aloud fast, I seem to reverse words like "saw" for "was." I do not seem to notice, but others have told me.	_____	_____	_____
15. I seldom seem to recall what I have read. I do remember small, minute details, but I miss out on the meaning of the whole passage of story.	_____	_____	_____
16. The moment I see a book, I feel tired and worn out. This never happens to me in the yard or outdoors, just in connection with reading material.	_____	_____	_____
17. Soon after I start to read, my vision becomes blurred.	_____	_____	_____
18. Radio or T.V. bothers me while I am studying.	_____	_____	_____
19. I look up new words in a dictionary only if I run across one in my assignments.	_____	_____	_____
20. If I want to be alone and study, a separate or private room is available at home for this purpose.	_____	_____	_____

Source: *Developmental guidance classroom activities*, Vocational Studies Centre, University of Wisconsin-Madison, 1991. Reprinted with permission.

**Grade 9 Module: Life Career Management Skills**  
**Handout No. 1 "Study Habits Checklist"**