

Study Skills Assessment

Directions: Read each statement carefully. For each statement, write the number for the choice that best describes your study habit.

Study Habit Self Assessment	Never 0	Sometimes 1	Usually 2	Always 3
1. I set study goals for myself				
2. I study where it's quiet with little distractions				
3. I have all the supplies I need when I study (ex. pen, paper, etc)				
4. I take short breaks when I study				
5. I put my notes in my own words to understand the material better.				
6. I study with a friend or a group				
7. I complete and turn in all my assignments on time				
8. I can tell the difference between material I know really well and material				
9. I start studying days before I have to take a test				
10. I dedicate time for studying				
11. I get a good night's sleep before a test				
12. I prioritize what material I need to study for a test				
TOTAL				

GRAND TOTAL: _____

A total score of 0-9: Your study skills may need improvement.
A total score of 10-18: Your study skills are developing.
A total score of 19-36: Your study skills seem strong.

Study Skills Worksheets

JL Elias



Study Skills Worksheets:

Study Skills Worksheets ,2003 **Study Skills Worksheets for Year 12 Students** ,2003 **Study Skills Worksheets** ,2003 Study Skills Worksheets ,2003 *The Middle School Student's Study Skills Journal* Susan Mulcaire,2012-08-15 Activities and worksheets for all exercises in The Middle School Student's Guide to Study Skills The 21st Century Student's Guide to Study Skills Susan Mulcaire,2015-07-27 Text worksheets and activities for a comprehensive academic mindset and skillsprogram Students explore metacognition and the process of learning memory and effective pre learning strategies Additional skills covered areactive learning and listening note taking chapter outlining test takingskills distance learning critical thinking and much more This is the high school edition of The Middle School Student s Guide to Study Skills **Emotion Regulation Skills System for Clients with Cognitive Challenges** Julie F. Brown,2026-01-09 Now in a fully revised second edition this authoritative manual presents the only dialectical behavior therapy DBT informed approach designed specifically for people of all ages with learning and mental health challenges Used in a wide range of clinical and community settings the Skills System teaches essential emotion regulation and adaptive coping skills in a motivating structured framework It allows clinicians to provide comprehensive treatment for individuals who have had difficulty engaging in traditional therapeutic services In a convenient large size format the manual features ideas for scaffolding learning a sample 12 week group curriculum and practical tools including a reproducible downloadable lesson planning worksheet Client handouts and worksheets are not included in the second edition but are provided in the companion workbook designed to optimize client learning available separately in print or fillable e book formats The Emotion Regulation Skills System Workbook Second Edition New to This Edition Reflects the use of the Skills System in a growing range of settings includes pre instruction strategies targeting strategies and more ways to tailor instruction to clients needs abilities context and learning preferences Chapter on integrating the Skills System into individual therapy sessions Updated emotion regulation theory and research Companion workbook written expressly for clients with numerous new reproducible tools See also The Emotion Regulation Skills System Workbook Second Edition *TextMasters* Debra Jo Vetterl,1992 **Teaching Language and Study Skills in Secondary Science** Lesley Bulman,1985 *How to Study and Take Tests* Lee Canter,1989-12 Resources in Education ,1995-06 Study Skills in the Content Areas Eunice Nicholson Askov,Karlyn Kamm,1982 **Face2face Elementary Teacher's Book with DVD** Chris Redston,Gillie Cunningham,Jeremy Day,2012-03-20 The course for teachers who want to get their students communicating with confidence face2face is an easy to teach General English course that helps adults and young adults to speak and listen with confidence The Workbook with Key offers additional consolidation activities and a Reading and Writing Portfolio for extra skills practice **Face2face Intermediate Teacher's Book with DVD** Chris Redston,Theresa Clementson,Gillie Cunningham,2013-03-21 face2face Second edition is the flexible easy to teach 6 level course A1 to C1 The face2face Second edition Intermediate

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