Student Enrichment Services Ltd.

www.studentenrichment.ie

NAME: _____ FORTNIGHT ENDING: _____

FORTNIGHTLY STUDY SKILLS CHECKLIST
FOR FIRST & SECOND YEARS

	Yes	No
GOALS:		
I set myself at least three specific goals for each subject, each week.		
TIME MANAGEMENT		
I worked from a study/ homework timetable each night		
When working, I took regular breaks every 15 - 20 minutes		
I gave myself a specific task to complete for each session		
HOMEWORK		
I closed the textbook, tried to answer the question, and then corrected my mistakes		
Occasionally, I timed myself		
CLASSWORK		
I asked at least three classroom questions every day		
I wrote down at least five things in my class notes in each lesson		
I have moved away from distractions in class		
NOTETAKING		
I wrote out concise points onto "study sheets" when studying		
My "study sheets" are neat/ colourful		
I keep my study notes in their relevant subject folders		
STUDY		
I always test myself ("mind scan") before I start studying		
I always turned off the music/ TV/ phone when working		
I quickly test myself at the end of every study session		
REVIEWING		
I spent 10 minutes each night reviewing, (a quick test), some topics previously studied		

GIVE YOURSELF **5 POINTS** FOR EACH STATEMENT TO WHICH YOU ANSWERED "yes"

0 - 20	You are making things very difficult for yourself to achieve. Start over again - try harder to improve the way you study
25 - 35	**Room for improvement** - select a few things you can work on for next week.
40 - 50	**Good** - you are well on the way - you still need to improve some of your study habits.
55 - 65	**Very good** - you are putting in a good effort, - now "really go for it!"
70 - 80	**Excellent.** You have good study techniques - well done! Now just make sure that you are spending sufficient time "at the books" - great results will follow.