



Study Skills Checklist

Read through the list of effective study skills and indicate whether you use the strategy. Once you have completed all items have a look through and focus on the strategies that you may need to consider using.

Study Skill	I already do this	I do it but I could be more consistent	I need to work on this
<u>Time Management and Organisation (click for more tips)</u>			
I have a study schedule for each week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I use a Term Planner to keep track of deadlines.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I prepare in advance for assessments.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I use distributed practise (review information intermittently over time rather than all at once).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a method for prioritising my tasks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how much time I should be spending on schoolwork outside of school hours.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a system for organising my notes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Revision (click for more tips)</u>			
I review what I have learnt at school each day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I write notes for each subject.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I find ways to test my recall (memory) of information through:			
Flashcards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Revision questions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practise tests	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Having friends/family test me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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|---|--------------------------|--------------------------|--------------------------|
| I ask my teachers about helpful revision strategies for that subject. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I practise exams in timed conditions. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I provide work samples to my teacher for feedback. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Health and Lifestyle

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|--|--------------------------|--------------------------|--------------------------|
| I get at least 8.5 hours of sleep per night. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I switch my devices off at least 1 hour before bed. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I switch my devices off at least 1 hour before bed. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I exercise for at least 30 minutes a day. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I create balance between school, work and social time. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Taking tests ([click for more tips](#))

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|---|--------------------------|--------------------------|--------------------------|
| I make sure I get a good night's sleep before a test rather than cramming. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I take my time to complete the test. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| If I don't know the answer to a question, I highlight it and move on. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I highlight or underline key words in assessment questions. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I plan essays or extended answer responses before writing. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| If I panic, I stop and take a break. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| When doing multiple choice, I cross out the wrong answers immediately to narrow down my answer. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
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