

Home Study Habits Quiz

Are you satisfied with your home study habits?

Whether you are satisfied with your study habits or not, you can **raise your level of achievement** by examining and improving your approach to study. Read the questions below, and then circle the response that most closely reflects your behavior. Y – Yes N – No S - Sometimes

Effective use of home study time

I have a study area at home that is well established for my study needs. Y N S

I have all the equipment and resources I need available in my study area. Y N S

My study area is free from distractions (noise, TV, people etc.). Y N S

I schedule definite times and specific goals for my study time. Y N S

I avoid activities that interfere with my planned study schedule. Y N S

I use prime time (when I am most alert) for study. Y N S

I begin major assignments well in advance. Y N S

I use my planner / diary to write down my homework and assignments. Y N S

I always study on my own. Y N S

I reward myself when I complete a task. Y N S

Motivation

I have to force myself to sit down and study. Y N S

I always seem to come up with excuses not to start studying. Y N S

I am easily distracted from my study. Y N S

I don't think I am good at studying. Y N S

I am always trying to improve my results. Y N S

I really enjoy studying. Y N S

Why don't you use one of the **Goal Setting charts** in the **iDo Module** or **Home Study Habits Worksheet Two** to plan to change any behavior that you think gets in the way of you being a successful learner.