



## Self-Test

*The statements below describe the habits of successful Psych 1051 students. Take the following self-test to see how your habits compare.*

*Answer the questions by clicking in the space next to each question.*

*Type in your answer using the following 1-5 scale:*

- 5** = This statement describes me perfectly
- 4** = This statement describes me most of the time
- 3** = This statement describes me about half the time
- 2** = This statement describes me some of the time
- 1** = This statement doesn't describe me any of the time

*So far this semester...*

	1. for every hour I spent in class, I spent at least two hours studying outside class.
	2. I reviewed my lecture notes at least four times a week.
	3. when I sat down to study I had previously decided what I would accomplish during that study session.
	4. I spent time during each study session explaining the definitions or concepts in my own words and thinking of my own examples.
	5. I took notes on the chapters and studied them.
	6. I studied each day for this class.
	7. I tried to learn what I was studying by connecting it to other ideas in the chapter, other classes I've taken, or life experiences.
	8. I study in a place without distractions.
	9. Before I actually read the chapter, I previewed it so that I would know what was coming up.
	10. I attended class and took notes while I was there.

\_\_\_\_\_ Add the numbers you entered to determine your studying score.

**45 to 50 points:** accomplished studier! You are doing the things that A/B students do. If your scores don't reflect this, be sure to talk to your instructor or someone at the Academic Assistance Center.

**40 to 44 points:** effective studier. Look at lower-score areas and decide if you would like to make some changes, but overall, you've got some great habits.

**35 to 39 points:** Average studier. You may have some good habits, but there are areas for improvement. If you are not happy with your test scores, look first at changing time management habits. That is often where the problem is.

**30 to 34 points:** Below average studier with lots of room for improvement. Look both at how you study and at how you manage your time. Even if your test scores are o.k., it's not likely that you're truly learning the material.

**Below 29 points:** Emergency study services needed! Go directly to your instructor, the TA's, or the academic assistance center and ask for an appointment regarding your progress in the course.