

## Study Skills Questionnaire

Use an online tool if possible to distribute this to students.

Name: \_\_\_\_\_

1. Number of hours working/interning per week: _____	2. Average number of hours studying per week: _____
3. I feel I manage my time well.	Always Usually Sometimes Rarely Never
4. I make sure I have “down time” for things I enjoy.	Always Usually Sometimes Rarely Never
5. I have commitments that interfere with my school work.	Always Usually Sometimes Rarely Never
6. My notes highlight important points of the class lecture.	Always Usually Sometimes Rarely Never
7. I remember what I read after I read it.	Always Usually Sometimes Rarely Never
8. I am able to concentrate on what I am reading.	Always Usually Sometimes Rarely Never
9. I feel I have a good memory.	Always Usually Sometimes Rarely Never
10. I can usually figure out what’s important to remember.	Always Usually Sometimes Rarely Never
11. I am still able to recall course material even after I have been tested on it.	Always Usually Sometimes Rarely Never
12. I feel confident when taking an exam.	Always Usually Sometimes Rarely Never
13. I review my tests when I get them back to see where my strengths and weaknesses are.	Always Usually Sometimes Rarely Never
14. Although I exert great effort, my grades are lower than I expect them to be.	Always Usually Sometimes Rarely Never
15. I have trouble staying motivated, focused and on track when it comes to my schoolwork.	Always Usually Sometimes Rarely Never
16. I am feeling uncertain about the program I have selected.	Always Usually Sometimes Rarely Never
17. <b><u>I wish to work with a Coach to:</u> (Please check all that apply)</b>	
Improve my note-taking	Improve my reading comprehension
Learn memory techniques	Improve my performance on exams
Better manage my time and tasks	Stay motivated and on track to achieve goals
Reduce my anxiety and stress	Generally improve academic performance
Other/comments	Prepare for my future job search

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