Study Habits Self-Assessment

For students. Be honest; this is a map, not a grade.

	RARELY				ALWAYS
I test myself instead of just rereading	1	2	3	4	5
I spread study over several days	1	2	3	4	5
I mix different types of problems	1	2	3	4	5
I explain ideas in my own words	1	2	3	4	5
I draw diagrams or timelines	1	2	3	4	5
I study without my phone nearby	1	2	3	4	5
I sleep enough before tests	1	2	3	4	5
I review mistakes and fix them	1	2	3	4	5

The one habit I will change this week

NOTES

Getting to Success · Permission granted to photocopy for household or classroom use.