

Study habits questionnaire

Answer for how you really study, not how you think you should. Nobody is graded on this, and your name is not needed.

Class or course

Date

For each statement, tick one box from 1 (never) to 5 (always).

STATEMENT	NEVER					ALWAYS				
1 I plan which days and times I will study.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
2 I spread revision for a test over several days.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
3 I hand in homework by the time it is due.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
4 I test myself without looking at my notes.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
5 I explain what I learned in my own words.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
6 Within a day of a lesson, I go over my notes and add what I missed.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
7 My phone is out of reach while I study.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
8 When I am stuck, I ask a teacher or classmate.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
9 I get a full night of sleep before a test.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

10 Outside class, how long do you study on a typical weekday?

☐ None ☐ Under 30 min ☐ 30 to 60 min ☐ 1 to 2 hours ☐ Over 2 hours

11 When you revise for a test, what takes up most of your time?

☐ Reading notes again ☐ Highlighting or copying ☐ Flashcards or self-quizzing ☐ Practice questions
☐ Explaining it to someone

12 What gets in the way of studying the way you would like to?

Thank you. Your answers are anonymous.

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Optional questions (1 of 2)

Add any of these to the core questions. Keep the numbering running on from page one.

Test preparation

STATEMENT	NEVER					ALWAYS				
13 I find out what a test will cover before I revise.	1	2	3	4	5					
14 I work through practice questions or past papers.	1	2	3	4	5					
15 I mix different topics in one revision session.	1	2	3	4	5					
16 I stay calm enough in tests to show what I know.	1	2	3	4	5					
17 When a test comes back, I check what I got wrong.	1	2	3	4	5					

Study space and distractions

18 Where do you do most of your studying?

- ☐ My own room
 ☐ A shared room at home
 ☐ School or college library
 ☐ Elsewhere at school
☐ Somewhere else

19 About how much of your study time is lost to distractions?

- ☐ Almost none
 ☐ About a tenth
 ☐ About a quarter
 ☐ About half
 ☐ More than half

20 What distracts you most while you study? (tick all that apply)

- ☐ Phone notifications
 ☐ Social media
 ☐ Games or videos
 ☐ Noise or people nearby
 ☐ Feeling tired
☐ My own thoughts

21 Do you usually study alone or with others?

- ☐ Always alone
 ☐ Mostly alone
 ☐ About half and half
 ☐ Mostly with others

Reading and notes

STATEMENT	NEVER					ALWAYS				
22 I take notes in class in my own words.	1	2	3	4	5					
23 Before reading a chapter, I look over the headings.	1	2	3	4	5					
24 I turn headings into questions and answer them.	1	2	3	4	5					
25 I draw diagrams or tables to link ideas together.	1	2	3	4	5					

Optional questions (2 of 2)

Add any of these to the core questions. Keep the numbering running on from page one.

About you (optional)

26 Which stage of school are you in?

- ☐ Middle school ☐ High school ☐ College or university ☐ Adult classes ☐ Prefer not to say

27 What were most of your grades last term?

- ☐ Mostly A ☐ Mostly A and B ☐ Mostly B and C ☐ Mostly C or below ☐ Prefer not to say
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Thank you. Your answers are anonymous.

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