

ACADEMIC SOLUTIONS GROUP- STUDY HABITS RATING SHEET

Name _____

Date _____

RATING: Give an honest measure of your current study habits.
Rate from 1-10 1 = Never, or not at all 10 = Always, all of the time

STUDY HABITS	1	2	3	4	5	6	7	8	9	10
1. Come to class prepared with materials										
2. Pay attention in class										
3. Write down assignments and other important information										
4. Listen carefully in class and don't talk to others unless the teacher has given permission to talk										
5. Ask questions when I don't understand										
6. Have a regular time to do homework										
7. Have a comfortable place to study and do homework										
8. Be sure I have all the books and materials I need for doing my homework										
9. Start early on big projects										
10. Don't rush through work but work carefully and make sure I understand										
11. Check over my work										
12. Use study time in school										
13. Meet with teachers before or after school to get help if I need it										
14. Talk on the phone or visit with friends after homework is completed.										
15. Don't get behind: Complete homework daily										
16. Stick to an assignment even if it is hard										
18. Ask a classmate, parent, brother or sister, friend, or tutor for help when I need it										
19. Keep track of due dates and turn things in on time										
20. Get at least 8 hours of sleep each night										
21. Eat a healthy breakfast in the morning										
22. Eat a healthy meal at night.										

Text
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