



STUDENT SELF-ASSESSMENT

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Want to be a better student? Start by taking a closer look at your study skills and habits.

ACADEMIC SUCCESS RESOURCE AND WORKSHEET

Please answer each question according to what you *actually* do:

1. Never Do 2. Rarely Do 3. Sometimes Do 4. Usually Do 5. Always Do

Time Management		Never 1	2	3	4	Always 5
1	I attend class					
2	I find it easy to stick to a study schedule					
3	When I decide to study, I can start and keep going					
4	I work 8-10 hours per week on each course, on average					
5	I hand in assignments and meet deadlines					
6	My time online is under control; it doesn't interfere with other things					
7	I have enough time in the day to get what I need done					

Healthy Habits		Never 1	2	3	4	Always 5
1	I eat healthy food every 3-4 hours while awake					
2	I sleep 7-8 hours a night, on a regular schedule					
3	I am physically active for at least 150 mins/week					
4	I have 30-60 minutes daily of unstructured down time					
5	I balance me time with study time					
6	I have strategies to help when my stress levels are high					

Outlook		Never 1	2	3	4	Always 5
1	I advocate for myself in a professional and timely manner					
2	I believe success comes from dedication and hard work					
3	I believe I have control over the outcome of events					
4	I will be satisfied with my grades					

Concentration & Focus		Never 1	2	3	4	Always 5
1	I can focus my attention without too much effort					
2	I do work for 50 minutes, then take a 10-minute break					

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Goal Setting		Never 1	2	3	4	Always 5
1	I persist when the work is challenging or boring					
2	My course work relates to my future plans					
3	I set small goals to help me reach my larger goals					
4	I reward myself for reaching my goals					

Before, During & After Class		Never 1	2	3	4	Always 5
1	I download and read slides and/or text before class					
2	I complete any quizzes before class					
3	I sit where I can see the teacher, the information and am not distracted by others					
4	I pay attention in class and remove any tech that will distract me					
5	I ask the teacher questions if I don't understand something					
6	I participate in class activities to practice what I am learning					
7	I take notes in class					
8	I review my notes after class					
9	I do my homework					

Understanding		Never 1	2	3	4	Always 5
1	I try to think of real-life examples of what I'm learning					
2	I relate the information to something I'm passionate about, especially if it's a class I'm not that interested in					
3	I rewrite the information in my own words					
4	If I don't understand something, I actively find the answer					

Use of Resources		Never 1	2	3	4	Always 5
1	I am aware of personal and academic support available to me at Humber					
2	I ask for personal and/or academic support when I need it					
3	I use text books, internet, library resources when needed					
4	I attend review sessions for upcoming exams					

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Note Taking		Never 1	2	3	4	Always 5
1	I take notes during class					
2	I rewrite my notes shortly after class in a way that makes sense for me					
3	I use colours, pictures, charts, tables to make my notes more appealing and easier to understand					
4	I am receiving the appropriate accommodations for my note taking needs					

Scoring Instructions:

4s & 5s are your strengths. Keep doing these things!

1s & 2s are your weak areas. Identify a few items and start working today towards a 4 or 5

Test Taking Self-Assessment

Please answer each question according to what you *actually* do:

1. Never Do 2. Rarely Do 3. Sometimes Do 4. Usually Do 5. Always Do

Test Prep		Never 1	2	3	4	Always 5
1	I create a study schedule leading up to a test					
2	I follow a study schedule					
3	I give myself enough time to study before a test					
4	The night before a test I focus only on testing my knowledge through practice questions					
5	The night before, I get 7-8 hours of sleep					

Test Day		Never 1	2	3	4	Always 5
1	I have a test day routine					
2	I eat a healthy meal					
3	I put myself in a positive mind set					
4	I don't try to cram information in last minute					
5	I am satisfied with the amount of studying I've done					
6	I know when to remove myself when others are causing me anxiety or stress right before a test					
7	I am receiving the appropriate accommodations for my test taking needs					

Please answer each question according to what you *actually do*:

1. Never Do 2. Rarely Do 3. Sometimes Do 4. Usually Do 5. Always Do

Test Writing		Never 1	2	3	4	Always 5
1	During the test, I remain calm enough to do my best					
2	I finish the test in the allotted time					
3	I answer the questions I know best, first					
4	I read the question carefully before answering it					
5	I ask the teacher questions if I don't understand what the question is asking					
6	I am not distracted by others					
7	I sit in a space that feels comfortable and am not easily distracted					
8	For multiple choice questions, I answer the question in my head before I look at the answers					
9	For multiple choice questions and true/false questions, I don't second guess and change my answer <i>unless</i> I find new information					
10	I spend the right amount of time on a question in relation to how much it is worth					
11	I review my test to see where I can improve next time					

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