Study Habits Checklist for Nursing Students
Student’s Guide to Interpreting the Data

Effective study habits are linked to good academic performance. The Study Habits Checklist was adapted from the Vanier College Tutoring and Academic Success Centre (TASC) checklist to assess the specific circumstances of Nursing students.

The purpose of the Study Habits Checklist is to produce a score that gives you information about your current study habits.

**Step 1 Look at your overall score**

Into which category do you fall? The feedback that corresponds to the score offers you some guidance on what to do next.

**Step 2 Look at individual habit scores where you scored 0s and 3s**

Some habits are more important than others. Not all study habits are applicable to every course or every student. Consider your current Nursing course. What are some habits that might be well suited to your course? If you are having difficulty with this, think about visiting your school’s Learning Centre or scheduling an appointment with your teacher.

**Step 3 After your next test and before you receive your mark, think about how you did on the test.
Try predicting your mark.**

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| ***Scenario A:*** *I predicted a low score and received a low score.**This is usually a good thing. You may have insight into what you know and what you don’t know. If you’re willing to make the necessary changes to your study habits, there is the potential for improvement.* |

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| ***Scenario B:*** *I predicted a higher score than I received.**You may not have insight into what you do know and what you don’t know. Now is the time to recognize the need for change in order to succeed in the course.* |

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| ***Scenario C:*** *I predicted a lower score than I received.**This is tricky. It may be a confidence issue. You are doing something right but feel that you are not performing well enough. Reflect on why you think this is happening.* |

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| ***Scenario D:*** *I predicted a high score and received a high score.**You are doing well.* |

The Study Habits Checklist not only gives you a clear picture of your present study habits but also enhances your knowledge of good study habits and promotes competency in studying. This will help you become a more self‑sufficient learner.