Study Habits Checklist for Nursing Students

Rarely/Never = **0 points** Sometimes = **3 points** Often/Always = **5 points**

 **0 3 5**

In class

* I make every effort to attend all of my classes. [ ]  [ ]  [ ]
* I take notes while the teacher is talking. [ ]  [ ]  [ ]
* If a concept is unclear, I take the initiative to ask for help, [ ]  [ ]  [ ]
in class or afterwards.

Reading and reviewing

* Before lectures, I prepare by reading any assigned material [ ]  [ ]  [ ]
being covered that day.
* I make notes while reading the assigned material. [ ]  [ ]  [ ]
* I make diagrams of relationships in the material. [ ]  [ ]  [ ]
* I read actively, by asking myself questions. [ ]  [ ]  [ ]

Goal-setting/planning

* I make a study schedule and allot time for all my tasks. [ ]  [ ]  [ ]
* I break down my long study assignments into several sessions. [ ]  [ ]  [ ]
* I keep a record of completed tasks. [ ]  [ ]  [ ]
* I keep a record of outstanding tasks. [ ]  [ ]  [ ]

Studying

* I review my nursing content every day. [ ]  [ ]  [ ]
* I summarize material in my own words to understand it better. [ ]  [ ]  [ ]
* As I study, I use self-instruction by verbalizing my understanding [ ]  [ ]  [ ]
 of what I am learning.
* I use different strategies for recording information: [ ]  [ ]  [ ]
cue cards, concept mapping.
* I use a nursing/medical dictionary when studying [ ]  [ ]  [ ]
* I begin studying at least two weeks before the exam. [ ]  [ ]  [ ]
* I study in a quiet area, free from distractions. [ ]  [ ]  [ ]
* I seek help by reviewing the material with a friend, study buddy, [ ]  [ ]  [ ]
study group, or nursing peer tutor.

Preparing for exams

* I organize myself by making an outline of all the important material [ ]  [ ]  [ ]
I need to learn for an exam.
* I answer all the learning outcomes in my Nursing Course manual. [ ]  [ ]  [ ]
* I put off my social life until my studying is complete. [ ]  [ ]  [ ]
* I limit the number of hours I work in my paid job. [ ]  [ ]  [ ]
* I make up my own case studies. [ ]  [ ]  [ ]
* I work through a case study before looking at the answer. [ ]  [ ]  [ ]
* I get plenty of sleep and eat a good breakfast before an exam. [ ]  [ ]  [ ]

Taking exams

* I write down any abbreviations or key information [ ]  [ ]  [ ]
on the back of the exam.
* I underline key words and phrases in the case study [ ]  [ ]  [ ]
and the test question, then verify my answer
before moving on to the next question.
* When I don’t know the answer, I move on to the next question. [ ]  [ ]  [ ]
* Before the time is up, I go back to any missed questions. [ ]  [ ]  [ ]
* I accurately predict my exam scores. [ ]  [ ]  [ ]
* I observe and keep track of my exam performances [ ]  [ ]  [ ]
and the impact on my grades.

**Total score:** **/160**

**0–100** Your study skills could use some work! Seek help for tips on how to study more productively and effectively. Take the opportunity to review your tests and gain strategies for how to answer test questions.

**101–130** You have some good study habits but there are areas that need work. If you think your marks could be better, seek help in order to develop additional studying and goal-setting strategies.

**131–160** You have good study skills overall. If you ever find yourself in trouble when preparing for tests and exams, or with material for a particular course, seek help from your school’s Learning Centre.

**Study Habits Checklist score:**

**How you think you did on the test:**

**Test mark:**