

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.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• I take notes while the teacher is talking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• If a concept is unclear, I take the initiative to ask for help, in class or afterwards.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Reading and reviewing			
• Before lectures, I prepare by reading any assigned material being covered that day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• I make notes while reading the assigned material.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• I make diagrams of relationships in the material.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• I read actively, by asking myself questions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Goal-setting/planning			
• I make a study schedule and allot time for all my tasks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• I break down my long study assignments into several sessions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• I keep a record of completed tasks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• I keep a record of outstanding tasks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Studying			
• I review my nursing content every day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• I summarize material in my own words to understand it better.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• As I study, I use self-instruction by verbalizing my understanding of what I am learning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• I use different strategies for recording information: cue cards, concept mapping.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• I use a nursing/medical dictionary when studying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• I begin studying at least two weeks before the exam.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• I study in a quiet area, free from distractions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• I seek help by reviewing the material with a friend, study buddy, study group, or nursing peer tutor.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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: