

## Barriers to success

Do you relate to these statements? Put a check next to each one that sounds like you:

1. I do my best work under pressure.
2. I often feel hurried by school and/or personal pressures.
3. I have trouble saying "no" to people who ask me to do things for them.
4. I often get behind in my classwork and homework.
5. I don't have enough time to spend on personal interests, such as hobbies and sports.
6. I feel that I have to get straight As.
7. I worry that if I fail a test, someone will be disappointed in me.
8. When I take a test, I start blanking out and worry that I won't finish.
9. I panic during a test, worrying that if I don't do well I'll never make it to high school, find a good job, graduate on time, etc.
10. During a test, I worry that I will fail and that everybody is doing better than I am.
11. I find that I get distracted by minor disturbances when I'm studying.
12. I can finish the small tasks, but I rarely have time to finish the larger ones.
13. I read material over and over, but I can't seem to learn it.
14. When I have something on my mind, I can't concentrate on studying.
15. I would rather go out than study, and I often give in to these urges.
16. When I finish a big project, I think "next time I'll start sooner."
17. I usually study by cramming the night before the test.
18. I wish I would get my work done earlier than I do.
19. When I get an assignment, I usually don't start right away.
20. If I leave studying for an exam until the last minute, I panic and have a hard time getting anything done.

### Scoring:

#### If most of your checks are in

1-5 .....

6-10 .....

11-15 .....

16-20 .....

#### You may have a problem with

Time management

Test anxiety

Study skills

Procrastination

(Could do the line/spectrum activity with excuse examples to visually see how students feel about academics, looking for similarities, differences, noting the number of students in each area so interventions can be targeted. Ask students to move to one side of room depending on opinion for each question).

# GOOD AND POOR STUDY HABITS



Identify each of the following study habits as being Good or poor. Then in the appropriate column, write "always," "sometimes," or "never" to indicate how often you practice each habit.

**GOOD  
HABITS**

**POOR  
HABITS**

## STUDY HABITS

1. Take notes in class
2. Take notes when you read assignments.
3. Study in a cluttered area.
4. Follow directions.
5. Gather all the supplies you need before you start to study.
6. Study in an area where you will be distracted.
7. Set priorities for your time
8. Put off big assignments until the last day.
9. Do all your studying the night before a test.
10. Work in an area that is quiet and relaxing.
11. Study and review the easy parts first.
12. Do what must be done first.
13. Study the tough parts last.
14. Try to do two activities at the same time.
15. Study when you are rested.
16. Take a few moments after you study to think about what you studied.
17. Study while watching TV.
18. Do a little each day on big assignments that are due in a week or more.