

Appendix - 2

Name of the student :

Name of School:

Dear student,

This inventory is designed to gather information about learning and study practices and attitudes. You will find 74 statements related to learning and studying. You are to read each statement and then mark a response according to the following key : **Never, Seldom, Some times, Often and Always.**

To help you decide which responses to mark, I would like to explain what is meant by each term.

Never: This means that the statement would never describe you or only in rare instances. Mark '✓' for this response in first column.

Seldom: This means that the statement generally would not be true of you. Mark '✓' in second column.

Some times: This means that the statement would be true of you about half the time. Mark '✓' in third column.

Often: This means that the statement would generally be true of you. Mark '✓' in fourth column.

Always: This means that the statement is true of you always or almost all time. Mark '✓' in fifth column.

Please complete the inventory by tick marking in appropriate column.

Try to rate yourself according to how well the statement describes you, not in terms of how you think you should be or what others do. There are no right or wrong answers to these statements. Please work as quickly as you can without being careless and please complete all the items.

For example :

Statements	Never	Seldom	Sometimes	Often	Always
	1	2	3	4	5
1. I find that during lectures I think of other things and don't really listen to what is being said.	✓				

If the above statement would never describe you or only in rare instances then put your tick '✓' mark in (1) column.

Statements	1	2	3	4	5
1. I find that during lectures I think of other things and don't really listen to what is being said.					
2. I get discouraged because of low grades.					
3. It is hard for me to decide what is important to underline in a text.					
4. I am unable to concentrate well because of restlessness or moodiness.					
5. I try to think through a topic and decide what I am supposed to learn from it rather than just read it over when studying.					
6. Problems outside of school-being in love, financial difficulties, conflict with parents, etc. - cause me to neglect my school work.					
7. When preparing for an exam, I create questions that I think might be included.					
8. I do poorly on tests because I find it hard to plan my work within a short period of time.					
9. I go over homework assignment when reviewing class materials.					
10. Often when studying I seem to get lost in details and "can't see the forest for the trees".					
11. I am up to-date in my class assignments.					
12. I worry that I will flunk out of school.					
13. I use special study helps, such as italics and headings, that are in my textbook.					

Statements	1	2	3	4	5
14. I am unable to summarize what I have just heard in a lecture or read in a textbook.					
15. I try to identify potential test questions when reviewing my class material.					
16. I find it hard to pay attention during lecture.					
17. I learn new words or ideas by visualizing a situation in which they occur.					
18. When I study, I have trouble figuring out just what to do to learn the material.					
19. After a class, I review my notes to help me understand the information.					
20. I have difficulty indentifying the important points in my reading.					
21. I concentrate fully when study.					
22. I am very tense when I study.					
23. Even when study materials are dull and uninteresting, I manage to keep working until I finish.					
24. I do not care about getting a general education. I just want to get a good job.					
25. My underlining is helpful when I review text material.					
26. I only study when there is the pressure of a study.					
27. I translate what I am studying into my own words.					
28. I am distracted from my studies very easily.					
29. I review my notes before the next class.					

Statements	1	2	3	4	5
30. I have trouble understanding just what a test question is asking.					
31. I compare class notes with other students to make sure my notes are complete.					
32. When it comes to studying, procrastination is a problem for me.					
33. When I am studying a topic I try to make everything fit together logically.					
34. I don't understand some course material because I don't listen carefully.					
35. I stop periodically while reading and mentally go over or review what was said.					
36. When I take a test, I realize I have studied the wrong material.					
37. I try to identify the main points when I listen to lecture.					
38. Even when I am well prepared for a test, I feel very anxious.					
39. I read textbooks assigned for my classes.					
40. I only study the subjects I like.					
41. I key in on the first and/or last sentences of most paragraphs when reading my text.					
42. I end up "cramming" for almost every test.					
43. I try to find relationships between what I am learning and what I already know.					
44. I memorize grammatical rules, technical terms, formulas, etc. without understanding them.					

Statements	1	2	3	4	5
45. When I begin an examination, I feel pretty confident that I will do well.					
46. I would rather not be in school.					
47. I make drawings or sketches to help me understand what I am studying.					
48. I tend to spend so much time with friends that my coursework suffers.					
49. I try to relate what I am studying to my own experiences.					
50. I have difficulty adapting my studying to different types of courses.					
51. I make simple charts, diagrams, or tables to summarize material in my courses.					
52. I talk myself into believing some excuse for not doing a study assignment.					
53. I make good use of daytime study hours between classes.					
54. Worrying about doing poorly interferes with my concentration on tests.					
55. I try to see how what I am studying would apply to my every day living.					
56. My mind wanders a lot when I study.					
57. I use the chapter headings as a guide to identify important points in my studying.					
58. In taking tests, writing themes, etc. I find I have misunderstood what is wanted and lose points because of it.					

Statements	1	2	3	4	5
59. I check to see if I understand what the instructor is saying during the lecture.					
60. I dislike most of the work in my classes.					
61. I try to interrelate themes in what I am studying.					
62. I put off studying more than I should.					
63. I test myself to be sure I know the material I have been studying.					
64. In my opinion, what is taught in my courses is not worth learning.					
65. I work hard to get a good grade, even when I don't like a course.					
66. I feel very panicky when I take an important test.					
67. When they are available, I attend group review sessions.					
68. I get so nervous and confused when taking an examination that I fail to answer questions to the best of my ability.					
69. When I decide to study, I set aside a specific length of time and stick to it.					
70. When work is difficult I either give up or study only the easy parts.					
71. I am able to distinguish between more important and less important information during a lecture.					
72. I feel confused and undecided as to what my educational goals should be.					
73. I come to class unprepared.					
74. I find it hard to stick to a study schedule.					