

## Math Study Skills Inventory

This inventory will help you assess the effectiveness of your math study skills. Read each of the statements carefully and determine how frequently each applies to you. Enter the correct point score for each item (usually = 3, sometimes = 2, rarely = 1).

	Usually 3 points	Sometimes 2 points	Rarely 1 point
1. I attend all of my math classes.	_____	_____	_____
2. I read my math assignment before attending class.	_____	_____	_____
3. In class, I mentally follow all explanations, trying to understand concepts and principles.	_____	_____	_____
4. In class, I write down main points, steps in explanations, definitions, examples, and proofs.	_____	_____	_____
5. I review my class notes within 24 hours.	_____	_____	_____
6. I do weekly reviews of all my class notes and textbook notes.	_____	_____	_____
7. In reviewing, I use methods such as reciting aloud, writing, picturing the material, etc.	_____	_____	_____
8. I study math before other subjects and when I am most alert.	_____	_____	_____
9. I take small breaks every 20 to 40 minutes when I study math.	_____	_____	_____
10. I work to complete my difficult math assignments in several small blocks of time.	_____	_____	_____
11. I reward myself for having studied and concentrated.	_____	_____	_____
12. I survey my assigned math reading before I tackle them in depth.	_____	_____	_____
13. When I read, I say aloud and write out important points.	_____	_____	_____

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|---|-------|-------|-------|
| 14. I underline, outline, or label the key procedures, concepts, and formulas in my text.   | _____ | _____ | _____ |
| 15. I take notes on my text and review them often.  | _____ | _____ | _____ |
| 16. I complete all assignments and stay caught up in my math class.                         | _____ | _____ | _____ |
| 17. I study math two hours a day, at least five days a week.                                | _____ | _____ | _____ |
| 18. I work on new problems and review problems during each study session.                   | _____ | _____ | _____ |
| 19. I work to "over learn" and thoroughly master my material.                               | _____ | _____ | _____ |
| 20. I retest myself often to fix ideas in my memory.  | _____ | _____ | _____ |
| 21. I work to understand all formulas, terms, rules, and principles before I memorize them. | _____ | _____ | _____ |
| 22. I use a variety of checking procedures when solving math problems.                      | _____ | _____ | _____ |
| 23. When I don't understand my text, I use other math texts for clarification.              | _____ | _____ | _____ |
| 24. I sit in the front of the room in math class.   | _____ | _____ | _____ |

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**Scoring:**

Add all of the points in all of the columns above.

My total is: \_\_\_\_\_

- If your score is 68 or more, you have excellent math study skills. You may pick up some extra tips at this workshop.
- If your score is between 54 and 68, you have fair math study skills. This workshop will help you improve.
- If your score is below 54 points, you came to the right workshop! Try some of the strategies we recommend.