

## Study Habits Inventory

<b>Habits that can help me succeed in school</b>	<b>I do this a lot</b>	<b>I do this at times</b>	<b>I'd like to try this</b>	<b>I doubt if this would help me</b>
1. I regularly use a planner.				
2. I do my homework every night.				
3. I do my homework at the same time every night.				
4. I do my homework in the same place every night.				
5. I turn off the television and music while I do my homework.				
6. I listen to classical/instrumental music while I study.				
7. I use headphones to block out noise around me.				
8. I break up big tasks into smaller steps.				
9. I put my phone away or turn it off while I do my homework.				
10. I know how to refocus myself when I get distracted.				
11. I set nightly goals to help me finish my work.				
12. I let my parents/guardian know about upcoming tests or assignments so they can help me stay on track.				
13. I plan ahead to make sure I finish long-term projects on time.				
14. I have contact information for someone in each of my classes to call for homework help if I miss school				
15. I review my class notes regularly so I don't have to cram for a big test				