

## MATH STUDY SKILLS INVENTORY

Rate your achievement of the following statements by placing a number in each box: **3** for **almost always**, **2** for **sometimes** and **1** for **almost never**. If you have **never even considered** doing what the statement says, put a **0**.

### Selecting a math class

- I schedule my math class at a time when I am mentally sharp.
- If I have a choice, I select a math class that meets three or four days a week instead of one or two.
- I schedule the next math class as soon as possible after I have completed the current course.

### Time and place for studying math

- I study math every day.
- I try to complete my math homework immediately after math class.
- I have a specific time to study math.
- I have a specific place with few distractions to study math.
- I take short breaks when I study math.
- I go to the math lab and/or tutoring for assistance.
- I study math at least 8 to 10 hours a week.

### Study strategies for math class

- I attend every math class.
- I read my textbook before class.
- If I have trouble understanding the text, I find an alternative strategy (videos, internet searches, tutoring, math lab, etc.).
- I take notes in math class (this includes words that explain the problems).
- I am careful to copy all the steps of math problems into my notes.
- I ask questions when I am confused.
- I go to the instructor or math lab when I have questions.
- I try to determine *when* I became confused and *what* material I found difficult or unclear.
- I review my notes and text before beginning homework.
- I work problems until I understand them; not just until I get the right answer for homework.
- I use flashcards for formulas and vocabulary.
- I develop memory techniques to remember math concepts.

**Math tests**

- I believe that everyday study is a **BIG** part of test preparation.
- I preview the test before I begin.
- Before I begin the test, I make notes in the margins which might consist of formulas, theorems, definitions, etc.
- I begin with the easy questions first.
- I take the full amount of time allotted for the test.
- Before turning in my exam, I carefully check or rework as many problems as time allows.
- When tests are returned, I review the mistakes made and learn from them so that I do not make the same mistakes again.
- I review class material daily so that I don't have to cram the night before a test.

**Anxiety**

- I believe that I can succeed in math class.
- I take practice tests.
- I use relaxation techniques when I become anxious during testing.
- I am prepared and confident when I take a math test.

TOTAL SCORE 

**If your score is 90 - 102**, give yourself an **A**. You are using the study skills needed to be successful in math.

**If your score is 80 - 89**, give yourself a **B**. You are using good math study skills. Choose a few strategies to work on each day, and you will be well on your way to an **A**.

**If your score is 70 - 79**, give yourself a **C**. Your study skills are average. If you want to see improvement, choose one or two strategies in each category to work on until you are using most of the strategies described above.

**If your score is below 70**, you are probably having a difficult time in math class. More than likely, the main problem may be the study strategies you are using (or not using). Make yourself do the things on the list above.

Adapted from The Study Skills Workbook, 3<sup>rd</sup> ed, page 117, by Dr. Carolyn H. Hopper