Have you ever thought that you have developed certain HABITS pertaining to STUDIES?

Do you know that your friends are likely to DIFFER in their habits of study from that of yours? Would you like to KNOW what are your study-habits?

Here is a series of statements pertaining to different aspects of study-habits. Each statement refers to some kind of habit or the other. You might have developed these habits to a certain degree. In terms of confidentiality, you can indicate your position simply by ticking cross (x) in any one of the cells—Always, Frequently, Sometimes, Rarely, Never—given against the statements.

While you fill up this proforma, please remember it is NECESSARY to respond all items. If you do not, we can keep your habits and scores confidential.

Please fill in the blanks:

1. Class & Year:

2. Subjects of Study:

3. Name:

4. Institution:

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1. I read the books written in English several times to understand them.

2. Before reading a lesson intensively, I try to catch on what the lesson is about.

3. I prepare my own notes from the books.

4. I underline the important points that I read in the books.

5. I consult the dictionary whenever I feel it necessary while studying.

6. I read slowly.

7. I check my reading by solving exercises and problems given in text-books.

8. I try to cram passages that I do not understand.

9. I read aloud.

10. I try to cram passages that I understand, while studying.

11. I read with full concentration.

12. I read while the radio is on playing a music.

13. While reading I begin to day-dreaming

14. I read only when I am in a mood to read.

15. It takes me sometime to concentrate.

16. I fall asleep while reading.

17. I get easily distracted by noise in the surrounding.

18. I am worried at the time of my study.

19. I go to bed early during night and get up early in the morning to study.

20. I prefer reading at night rather than reading during daytime.

21. Reading along with friends is not beneficial to me.

22. I read the lessons before they are taught in the classroom.
23. I study again the lessons taught by the teachers, as early as possible.
24. I practice a lot of sketching of diagrams.
25. After the lessons are taught by the teacher I study them again after 3 or more days.
26. I copy from others while writing my journals and homework, because of the pressure of work.
27. I read too much at the time of examination without caring for food, rest or sleep.
28. I read for a few hours for fear of my guardians.
29. I take tea, coffee or snacks at the time of reading.
30. I try to understand the doubtful points at the end of the general reading.
31. I revise the topics more than once.
32. I read while I am lying on the bed.
33. I sing in low tone or whistle a song while reading.
34. I note the points I do not understand and discuss with friends or teacher later on.
35. I find studying uninteresting and boring.
36. I read because the teachers nag me in classes.
37. I glance back over the line of print which I have already read to pick a word or phrase that I think, I have missed.