



## **Early Alert Study Skills and Habits Questionnaire**

Recognize Challenges ▪ Seek Solutions ▪ Implement Change

Name \_\_\_\_\_ Date \_\_\_\_\_

What are the **3 biggest issues** that are preventing you from working effectively or reaching your academic goals?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Instructions:** Please answer each question using the 5-point scale, to best reflect what you **ACTUALLY DO**, or **HAVE DONE** as a student. The information will help you to identify areas of strength and potential change, so be as open as you can be!

**Scale:**

**1** = rarely or never like me    **2** = not often like me    **3** = sometimes like me    **4** = fairly like me    **5** = a lot or always like me

### ***Health Habits***

- |  |           |
|--|-----------|
| 1. I eat healthy food that creates energy and a healthy body and mind. | 1 2 3 4 5 |
| 2. I sleep 7-8 hours a night, on a regular schedule.                   | 1 2 3 4 5 |
| 3. I am physically active (exercise, sport, walking) regularly.        | 1 2 3 4 5 |
| 4. I have 30-60 minutes daily of unstructured down time.               | 1 2 3 4 5 |

### ***Time Management***

- |   |           |
|---|-----------|
| 5. I attend class.  | 1 2 3 4 5 |
| 6. I find it easy to stick to a study schedule.   | 1 2 3 4 5 |
| 7. When I decide to study, I can start and keep going.  | 1 2 3 4 5 |
| 8. I work 8-10 hours per week on each course, on average.   | 1 2 3 4 5 |
| 9. I complete course requirements on time.  | 1 2 3 4 5 |
| 10. My online time (gaming, social media) is under control: it doesn't interfere with other things. | 1 2 3 4 5 |

### ***Attitude***

- |   |           |
|---|-----------|
| 11. I am able to study subjects that I do not like. | 1 2 3 4 5 |
| 12. I enjoy learning new things.                    | 1 2 3 4 5 |

### ***Concentration***

- |  |           |
|--|-----------|
| 13. I can focus my attention without too much effort.              | 1 2 3 4 5 |
| 14. I do homework for ~50 minutes and then take a 10-minute break. | 1 2 3 4 5 |

### ***Academic Stress***

- |  |           |
|--|-----------|
| 15. I am comfortable in large classes.             | 1 2 3 4 5 |
| 16. I am confident delivering class presentations. | 1 2 3 4 5 |
| 17. I am calm enough in exams to do my best.       | 1 2 3 4 5 |
| 18. I am satisfied with my grades.                 | 1 2 3 4 5 |

### ***Goal Setting***

- |  |           |
|--|-----------|
| 19. I persist even when I find the work boring or challenging. | 1 2 3 4 5 |
| 20. My course work relates to my future plans.                 | 1 2 3 4 5 |

### ***Preparation and Follow-Up***

- |  |           |
|--|-----------|
| 21. I read text or notes before and after class.   | 1 2 3 4 5 |
| 22. I refer to the course outline regularly so I understand the learning objectives & what to study. | 1 2 3 4 5 |
| 23. I do my homework regularly.  | 1 2 3 4 5 |

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**Comprehension**

24. I try to personally relate to information I am learning and connect ideas to each other in my courses. 1 2 3 4 5  
25. I can clearly translate what I am studying into my own words. 1 2 3 4 5

**Selecting Main Ideas**

26. I am able to identify and summarize the key points in readings or class lectures. 1 2 3 4 5  
27. My notes summarize main ideas and supporting details. 1 2 3 4 5

**Use of Resources**

28. I am able and willing to ask for personal or academic help when I need it. 1 2 3 4 5  
29. I use text, internet, or library resources, when needed. 1 2 3 4 5  
30. I attend review sessions or study groups when offered. 1 2 3 4 5

**Exam Preparation**

31. I feel confident that my study methods will help me achieve success. 1 2 3 4 5  
32. I answer practice questions to test my knowledge. 1 2 3 4 5

**Exam Writing**

33. I finish my exams in the allotted time. 1 2 3 4 5  
34. When taking an exam, I first answer the questions that I know the best. 1 2 3 4 5  
35. I carefully read my exam questions before answering. 1 2 3 4 5

**Academic Writing**

36. I take time to develop an outline before I begin a writing assignment 1 2 3 4 5  
37. I am able to write logical and well-organized paragraphs. 1 2 3 4 5  
38. I am confident in my ability to recognize and correct common grammatical or stylistic errors. 1 2 3 4 5  
39. I proofread all writing assignments before submitting them. 1 2 3 4 5

**Reading Skills**

40. I am able to keep up with the assigned readings. 1 2 3 4 5  
41. I periodically stop reading to check my understanding. 1 2 3 4 5

**Math and problem-solving skills, for science, math, accounting, economics etc. students**

42. I have a good command of the skills I need for my courses. 1 2 3 4 5  
43. When problem solving, I can identify core concepts. 1 2 3 4 5  
44. I look at a variety of scenarios before determining the best solution. 1 2 3 4 5

**Finances**

45. I have enough money to pay my bills and monthly expenses. 1 2 3 4 5  
46. I know how to create a budget. 1 2 3 4 5  
47. I am able to pay for the tuition, books and supplies needed for my program. 1 2 3 4 5  
48. I have a plan in place to handle any financial emergencies that may come up. 1 2 3 4 5

**Mental Health**

49. I have good coping strategies in place to manage my mental health. 1 2 3 4 5  
50. I regularly seek supports and resources when feeling overwhelmed or stressed. 1 2 3 4 5  
51. I know where to access supports if I am feeling overwhelmed or stressed. 1 2 3 4 5  
52. I manage my stress effectively. 1 2 3 4 5

**Program Fit**

- |   |           |
|---|-----------|
| 53. I am confident that I picked the right program.             | 1 2 3 4 5 |
| 54. I am interested in the subject matter of my class.          | 1 2 3 4 5 |
| 55. My career goal matches the program I am in.                 | 1 2 3 4 5 |
| 56. The type of jobs available following graduation excites me. | 1 2 3 4 5 |

**Employment Considerations**

- |   |             |
|---|-------------|
| 57. I am effectively balancing my schoolwork with my job.                       | 1 2 3 4 5 6 |
| 58. I have sufficient time to complete my homework before/after my work shifts. | 1 2 3 4 5 6 |
| 59. I enjoy my job, employer, and colleagues.                                   | 1 2 3 4 5 6 |
| 60. I am satisfied with my paycheque.   | 1 2 3 4 5 6 |

**For Students on Study Visa**

- |   |             |
|---|-------------|
| 61. I understand the requirements of my student visa.   | 1 2 3 4 5 6 |
| 62. I am making progress towards completing my program.   | 1 2 3 4 5 6 |
| 63. I am certain that I am working within the maximum number of hours allowed for my specific visa. | 1 2 3 4 5 6 |

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**Scoring Instructions**

Items marked with 4's and 5's are your strengths...keep doing these things!  
Items marked with 1's and 2's are weak areas. Identify a few items and start work today towards a rating of 4 or 5.  
Gradually shift your focus to other areas needing improvement.

Contact your academic strategist to learn how to maximize your potential.  
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