



Name (optional): \_\_\_\_\_

E-mail: \_\_\_\_\_

## Study Skills Assessment

Please specify whether the following statements are true study habits or false.

1. Stick to one subject until you finish all the work for it and then switch to another.	(T / F)
2. Listening to music while studying can help you focus better on your work.	(T / F)
3. Read the entire exam first <i>BEFORE</i> you start answering the questions.	(T / F)
4. When taking notes in class, make sure you write down everything the professor says.	(T / F)
5. Study your easiest subject first, in order to get in the mood for other subjects.	(T / F)
6. The best way to read a chapter is from beginning to end.	(T / F)
7. Take regular breaks while studying.	(T / F)
8. During an exam, answer each question according to its order.	(T / F)
9. In order to get work done, you have to be in the mood FIRST. MOOD $\longrightarrow$ ACTION	(T / F)
10. Reward yourself.	(T / F)

For more information or to set an individual appointment to meet with a mentor, please contact the Student Mentoring Unit at:

Address: P001, Campus Center  
Website: [www.aucegypt.edu/students/mentoring](http://www.aucegypt.edu/students/mentoring)

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