

# Study method questionnaire



Universidad  
de Navarra

To be given to the mentor at the first interviews.

NAME .....

SURNAME .....

Legend: 1 = strongly agree / 5 = strongly disagree.

This list includes some of the most relevant indicators for developing an effective, high-quality study method. It is essential for students to answer all the questions as sincerely as possible regarding the real conditions of the place they usually use to study. Please stress that they should answer based on what they actually do, not on what they would like to do or think they should do.

## INSTRUCTIONS

Once students have responded to the 28 items, they should go over the results with the mentor. Special attention should be paid to items given a rating of 4 or 5 points, as they may indicate areas for improvement. Based on this identification, students should be offered specific guidelines and suggestions to help them optimize their study method.

If a student has given 22 or more items a rating of 1 or 2 points, it can be assumed that they have an adequate study method.

|                                                                                                                                                        | SI                             |                                | NO                             |                                |                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| 1. Do you have a regular place to study? .....                                                                                                         | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 2. Do you avoid distractions such as cell phones and music? .....                                                                                      | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 3. Do you start studying at the scheduled time every day? .....                                                                                        | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 4. Before you start studying each day, do you allocate the time you have available to the different subjects you're going to study? .....              | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 5. Do you draw up a study schedule? .....                                                                                                              | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 6. Do you spend some time each week on reviewing? .....                                                                                                | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 7. If you come across a word you don't know while studying, do you look up its meaning? .....                                                          | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 8. Before starting to read a text on a specific topic, do you take a look at the title, subtitles and figures to get a general idea of the text? ..... | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 9. As you read, are you looking for the main ideas in each section? .....                                                                              | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 10. After reading each paragraph, do you reflect on what you've just read and mentally summarize the main points? .....                                | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 11. Do you highlight the main idea of each paragraph? .....                                                                                            | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |

|                                                                                                                                                          |                                |                                |                                |                                |                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| 12. Do you use your highlighting to make outlines and summaries of topics? .....                                                                         | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 13. Do you file your outlines and summaries so they can be used for review and exam preparation? .....                                                   | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 14. Do you make an effort to attend class? .....                                                                                                         | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 15. When studying, do you manage to concentrate on what you're doing and reject other things that occur to you at that time? .....                       | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 16. Do you have your own tricks and systems that help you memorize better? .....                                                                         | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 17. Do you try to understand the content of what you study before memorizing it? .....                                                                   | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 18. Do you show interest in the subjects that are more difficult or that you like the least? .....                                                       | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 19. Before studying a lesson, do you first do some general reading about it? .....                                                                       | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 20. Do you study with a pencil and paper? .....                                                                                                          | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 21. Do you prepare the material you'll need for your study session? .....                                                                                | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 22. Do you prepare for exams several days in advance by setting aside time for each topic so that you only have to review the day before the exam? ..... | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 23. In exams, do you make sure you get a passing grade by first answering the questions you know best and then answering the others? .....               | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 24. Do you focus on the main idea of each question and then move on to the details? .....                                                                | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 25. Do you write clearly and within the margins, and check your spelling? .....                                                                          | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 26. Do you make an outline before starting to answer a question in order to organize the ideas you want to develop? .....                                | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 27. After studying a subject, do you usually assess your knowledge by reviewing the topics you haven't mastered yet? .....                               | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| 28. Do your perceptions after taking an exam usually match the result you get? .....                                                                     | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
|                                                                                                                                                          | <input type="text" value="1"/> | <input type="text" value="2"/> | <input type="text" value="3"/> | <input type="text" value="4"/> | <input type="text" value="5"/> |
| TOTAL .....                                                                                                                                              | <input type="text"/>           | <input type="text"/>           | <input type="text"/>           | <input type="text"/>           | <input type="text"/>           |