



UNIVERSITY OF MINNESOTA

UNIVERSITY COUNSELING & CONSULTING SERVICES

Learning & Academic Skills Checklist

This questionnaire will help acquaint your counselor with your concerns about learning and academic skills. Please fill out the relevant sections and leave blank the sections which do not apply.

Name: _____

Date: _____

Study Habits:

Look over the following list of study behaviors. If you spot any problem areas that you wish to discuss with your counselor, place a mark (x) before them. Double-mark (xx) any areas that you feel are special problems for you. If you mark any areas concerning texts or notes, please bring the text or notes with you at the time of your first interview.

Time Scheduling:

- _____ Making a schedule
- _____ Keeping a schedule
- _____ Spending too much time studying
- _____ Spending too little time studying

Examinations:

- _____ Poor review techniques
- _____ Difficulty taking essay exams
- _____ Difficulty taking multiple-choice, matching, or true/false tests
- _____ Test panic

Personal Problem Areas:

- _____ Difficulty concentrating
- _____ Frequent daydreaming
- _____ Procrastinating
- _____ Low motivation
- _____ Other

Theme Writing:

- _____ Organization
- _____ Mechanics (grammar, punctuation; spelling)
- _____ Use of library

Listening and Notetaking:

- _____ Inadequate class notes:
 - _____ Missing main points
 - _____ Missing important details
 - _____ Poor organization
- _____ Poor review techniques

Textbook Study:

- _____ Underlining
- _____ Outlining
- _____ Reviewing material
- _____ Adapting reading rates to purpose
- _____ Comprehending text materials

Reading Habits:

How much do you read?

More than most people _____

Average amount _____

Less than most people _____

What kind of material do you like to read?

Mark one or more of the following:

- _____ I read for relaxation or as a hobby.
- _____ I love to read, but cannot find the time for it.
- _____ I don't enjoy reading because it is difficult for me.
- _____ I have to force myself to read.
- _____ I don't enjoy reading for study purposes.

Reading Difficulty: (mark one or more)

- _____ No real difficulty--merely want to improve.
- _____ Rapid reader, but inaccurate.
- _____ Very slow, but usually accurate reader.
- _____ Slow and inaccurate.
- _____ Read everything at the same rate.
- _____ Poor vocabulary.
- _____ Poor concentration.
- _____ Difficulty retaining significant factors.
- _____ Difficulty making generalizations (main idea or principles).

If you feel that you have a reading difficulty, how do you account for it?

Any other areas you wish to discuss:

List the courses you are now taking and indicate which may be more difficult for you and why.

| | | |
|-------|---|-------|
| _____ | : | _____ |
| _____ | : | _____ |
| _____ | : | _____ |

Are you on academic probation? Yes ___ No ___

Do you have any incompletes? Yes ___ No ___

From what quarter(s)? _____

In which class(es) _____

Have you or anyone in your family ever been diagnosed as having a learning disability?

Yes ___ No _____. If yes, list names and area(s) of learning difficulty (math, reading, etc.).

Please list any family, social, or educational experiences which have interfered with your education (for example: "moved a lot as a child, and went to many different schools;" "my parents were told I was dyslexic, but they never got special help for me;" "I rebelled against school in high school;" etc.).

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