1	I formulate questions from a chapter before, during, or after reading.					
2	Before reading an assignment, I survey headings, bold print, italics, questions, summaries, etc.					
3	I try to get the meaning of new terms as I encounter them the first time.					
4	I formulate answer to questions I have as I read an assignment.					
5	I look for main ideas as I read.					
6	I am able to readily identify clarifying details under each main idea.					
7	I read a textbook chapter more than once.					
8	I use a textbook study system such as SQ3R, OK5R, etc.					
	EAIG	ALWAYS	USUALLY	SOME- TIMES	RARELY	NEVER
9	I take notes as I read textbook assignments.					
10	I take notes in lectures.					
11	After taking notes, I review them before going on to something else.					
12	I rewrite lecture notes.					
13	I compare notes with one or more other students to check completeness and accuracy.					

	Ε ,	ALWAYS	USUALLY	SOME- TIMES	RARELY	NEVER	
14	I review notes more than once or twice for exams and quizzes.						
15	I use mnemonics.						
16	I use visuals in my notes such as sketches, mind maps, diagrams, charts, etc.						
17	I quiz myself over material that could appear on future exams and quizzes.						
18	I organize details to main ideas into numbered or lettered lists.						
19	I convert text and lecture material into my own words.						
20	I think about material that could be on exams and quizzes when I am not studying.						
21	I try to understand material in my notes as opposed to memorizing.						
22	I try to organize main ideas and details into some logical or meaningful order.						
	E / E A A I	ALWAYS	USUALLY	SOME- TIMES	RARELY	NEVER	
23	I study with a classmate or group.						
24	When I don't understand something, I get help from classmates, tutors, instructors TAs, etc.						
25	l do all homeModaBDC BTO 0 0 1 kGS0 gs-0.038 Tc 0.0	(stand someth	ning, I get h)10	0.3 (elp tthing,	I get h)10.3 (es. tutor)11.2	(s, instrud
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	E / E A A I	ALWAYS	USUALLY	SOME- TIMES	RARELY	NEVER
34	I exercise daily.					
35	I have taken a learning skills class or attended a learning skills workshop.					