

## Study Skills Questionnaire

	<b>Area</b>	<b>Screening Questions</b>	<b>What we recommend</b>
1	<b>General</b>	<ul style="list-style-type: none"> <li>What do you see as the issues?</li> </ul>	<ul style="list-style-type: none"> <li>Try and be honest and specific</li> </ul>
2	<b>Time spent on Self-Directed Learning (SDL)</b>	<ul style="list-style-type: none"> <li>How many hours do you spend on SDL (outside of programmed teaching) each week? If necessary go through week day by day</li> </ul>	<ul style="list-style-type: none"> <li>This will vary but a minimum of 10+ hours/week of effective study. 4-6 months exam preparation</li> <li>Not excessive – ensure work/fun/relaxation balance</li> </ul>
3	<b>Quality of Time</b>	<ul style="list-style-type: none"> <li>When you plan to study does anything tend to get in the way of you starting work?</li> <li>How long do you study for without a break? What is the longest you have studied for at a time?</li> <li>What time of day do you tend to study?</li> <li>How often do you have breaks?</li> <li>Do you use a diary and what for?</li> <li>Where do you study?</li> </ul>	<ul style="list-style-type: none"> <li>Consider use of diary for planning SDL</li> <li>Short "switch off" break after every 20 minutes</li> <li>Not working all night etc.</li> <li>Wind down breaks before bed</li> <li>Work/relaxation/fun balance</li> <li>Deal with obstacles e.g. Facebook, whatsapp, telephone calls, friends, noise</li> <li>Use of rewards – when I've learnt this I will...</li> <li>Consider study skills training</li> </ul>
4	<b>Planning Study Time</b>	<ul style="list-style-type: none"> <li>Do you use a diary and what for?</li> <li>How do you decide what to learn in each session?</li> <li>How much time do you spend on each aspect of the syllabus?</li> </ul>	<ul style="list-style-type: none"> <li>Use of diary to plan SDL time and content</li> <li>Use of SMART objectives or similar</li> <li>Evaluate learning (see below) so know when to stop</li> <li>Consider study skills training</li> </ul>
5	<b>Evaluating Learning</b>	<ul style="list-style-type: none"> <li>How do you know when to stop studying?</li> <li>How do you know when you have learnt something?</li> <li>How do you know when you have learnt enough?</li> </ul>	<ul style="list-style-type: none"> <li>Clear SMART objectives</li> <li>Revisit and check pre-break learning after break</li> <li>Assessment tools</li> <li>Gut feeling</li> <li>Use of peers, tutors, feedback etc.</li> <li>Consider study skills training</li> </ul>
6	<b>Question Answering Strategy</b>	<ul style="list-style-type: none"> <li>What do you actually do when you do the exam paper?</li> <li>Do you answer each question in turn or run through the paper quickly first?</li> <li>What makes you decide to answer a question? Would you answer a question if you could narrow the answers to 2, 3 or 4 options?</li> <li>Do you finish in plenty of time?</li> <li>Do you ever miss questions because of lack of time?</li> <li>Do you read the question first or question and answer together?</li> </ul>	<ul style="list-style-type: none"> <li>Quick pass through whole paper</li> <li>Answer those you immediately know. Mark those you definitely don't know, leave rest unmarked</li> <li>Take a short break and have a drink/stretch!</li> <li>Go back through unmarked questions in turn</li> <li>Consider answering questions where you can narrow down to 2 or 3 options</li> <li>Always read the question and try and answer it before looking at the answers</li> <li>Don't revisit your answers</li> </ul>
7	<b>Personal Issues</b>	<ul style="list-style-type: none"> <li>What do you do in your spare time?</li> <li>Do you belong to any clubs or organisations and how much time does this take up?</li> </ul>	<ul style="list-style-type: none"> <li>Do you know who your AES or CT are?</li> <li>Do you have a GP?</li> <li>Would you like a mentor?</li> <li>Advise re counselling service</li> </ul>

		<ul style="list-style-type: none"> <li>• Do you feel you have enough support? Who do you/would you go to if you need support?</li> <li>• Any other issues or difficulties?</li> <li>• Do you have to work to support yourself and if so, how often?</li> </ul>	<ul style="list-style-type: none"> <li>• Looking at fun/work balance</li> </ul>
<b>8</b>	<b>Health</b>	<ul style="list-style-type: none"> <li>• How do you sleep?</li> <li>• How often do you take exercise?</li> <li>• Do you often find it difficult to unwind?</li> <li>• Do you eat a healthy diet?</li> <li>• Are there any other issues that are bothering you?</li> </ul>	<ul style="list-style-type: none"> <li>• Do you know who your AES or CT are?</li> <li>• Do you have a GP?</li> <li>• Advise re counselling service</li> <li>• Advice re looking after self and consider setting goals around this</li> </ul>
<p><i>(Modified with permission from student support materials prepared by the Peninsula College of Medicine &amp; Dentistry)</i></p>			