

Learning Strategies Checklist

Name _____	Date _____
Course # _____	Course Title _____
Week of Course: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18	

Use this checklist as a weekly record of the strategies you have used to help you learn.
 For this class, the following are learning strategies that I

Have Done	Am Doing Now	Plan to Do Soon	
			By Myself
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	make a study schedule
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	choose a specific place to study (quiet, well lit)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	schedule specific, fixed times for studying (quality time when alert)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	rewrite concepts in my own words (paraphrase)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	outline or summarize lectures, readings, and other material
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	draw visual diagrams of concepts
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SQ3R (survey, question, read, recite, review) each reading assignment
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	write questions and self-tests for the material
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	make flash cards or other study aids
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	do additional unassigned reading or research
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	review my lecture and reading notes before the next class
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	think about the lectures and how the ideas fit together
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	get more sleep and exercise
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	other _____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	other _____
			With Others
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	get a study partner (reliable, helpful, serious)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	participate in a study group
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	tutor a class member
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	get a tutor for myself
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	discuss concepts or course material with others
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	quiz a study partner and have the partner quiz me
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	exchange class lecture notes with a partner and use them for study
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	engage in learning games with a group
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	read course material aloud to others
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	other _____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	other _____
			In Class
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	practice active listening
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	take effective notes on lectures and questions asked in class
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ask questions when I do not understand
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	volunteer to answer questions or work problems
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	other _____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	other _____
			Learning About Learning
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	think, talk, or journal about what I'm learning and what I need to learn
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	learn a new learning strategy

