

Sr.	STUDY POINT	19	20	21	22	23	24	25	26
1.	I spend more time than necessary studying for what I am learning.								
2.	It's common for me to spend hours cramming the night before an exam.								
3.	If I dedicate as much time as I want to my social life, I don't have enough time left to focus on my studies, or when I study as much as I need to, I don't have time for my social life.								
4.	I often study with the TV or radio turned on.								
5.	I struggle to study for long periods of time without becoming distracted or tired.								
6.	I usually doodle, daydream, or fall asleep when I go to class.								
7.	Often the notes I take during class notes are difficult for me to understand later when I try and review them.								
8.	I often end up getting the wrong material into my class notes.								
9.	I don't usually review my class notes from time to time throughout the semester in preparation for exams.								
10.	When I get to the end of a chapter in a textbook, I struggle to remember what I've just got done reading.								
11.	I struggle to identify what is important in the text.								
12.	I frequently can't keep up with my reading assignments, and consequently have to cram the night before a test.								
13.	For some reason I miss a lot of points on essay tests even when I feel well prepared and know the material well.								
14.	I study a lot for each test, but when I get to the test my mind draws a blank.								
15.	I often study in a sort of disorganized, haphazard way only motivated by the threat of the next test.								
16.	I frequently end up getting lost in the details of reading and have trouble identifying the main ideas and key concepts.								
17.	I don't usually change my reading speed in response to the difficulty level of what I'm reading, or my familiarity with the content.								
18.	I often wish that I was able read faster.								
19.	When my teachers assign me papers and projects I often feel so overwhelmed that I really struggle to get started.								
20.	More often than not I write my papers the night before they are due.								
21.	I really struggle to organize my thoughts into a logical paper that makes sense.								

Sr.	STUDY POINT	27	28	29	30	31	01	02	03
1.	I spend more time than necessary studying for what I am learning.								
2.	It's common for me to spend hours cramming the night before an exam.								
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Sr.	STUDY POINT	04	05	06	07	08	09	10	11
1.	I spend more time than necessary studying for what I am learning.								
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3.	If I dedicate as much time as I want to my social life, I don't have enough time left to focus on my studies, or when I study as much as I need to, I don't have time for my social life.								
4.	I often study with the TV or radio turned on.								
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