Instructions: On the line, write the number that applies to the statement.

Often (5) Sometimes (3) Never (1)

1. I regularly prioritize study tasks.

2. I complete my study task, even when I don’t want to.

3. I select a time and a place for studying that is the most efficient and effective.

4. I use a time management system effectively.

5. I turn my work in on time.

6. I understand what I read in my textbook.

7. I take complete and clear notes.

8. I recognize when my instructor says something especially important.

9. I prepare for class by previewing the chapter that will be discussed.

10. I talk to my instructor, tutor, or classmates when I don’t understand something.

11. I have a regular study time every day.

12. I space my study time rather than cramming.

13. I try to make sense of what I am studying rather than just memorizing.


15. I try to relate what I am studying to the big picture.

16. I am able to guess what might be on an exam.

17. I make up practice questions before the exam.

18. I am familiar with test taking strategies.

19. I do not have test anxiety.

20. I analyze my errors on exams to improve my test performance.
SCORING:
Write the score for each statement on the lines below. Total the scores in each column and refer to the descriptions below for each category.

Often = 5   Sometimes = 3   Never = 1

<table>
<thead>
<tr>
<th>Motivation</th>
<th>Acquisition</th>
<th>Retention</th>
<th>Performance</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. ___________</td>
<td>6. ___________</td>
<td>11. ___________</td>
<td>16. ___________</td>
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<tr>
<td>2. ___________</td>
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<td>3. ___________</td>
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<tr>
<td>5. ___________</td>
<td>10. ___________</td>
<td>15. ___________</td>
<td>20. ___________</td>
</tr>
</tbody>
</table>

Total ___________  Total ___________  Total ___________  Total ___________

Results:  20-25 = Adequate, 18-19 = Needs Improvement, 5-17 = Poor

Motivation: Control of attitude and preparation for study which enhances learning.

Acquisition: Selection and understanding of appropriate information and processes presented in a learning situation.

Retention: Ability to recall information and processes presented.

Performance: Ability to show understanding of information and processes presented.

Optional assignment:

1. Go to [http://www.avc.edu > Student Services > Learning Center > Tools](http://www.avc.edu)
2. Click on Metacognition Rubrics.
3. If you scored “Poor” or “Needs Improvement” in one or more areas of the Scoring section at the top of this page, review the corresponding rubrics (motivation, acquisition, retention, performance).
4. Write a short paper about why you scored at the low end of the rubric scale (1-2) and what study behaviors on the high end of the rubric (4-5) are necessary in order to improve. Provide specific examples and details related to your present study behaviors, and explain what you will do to change them.
5. Turn your paper in to your instructor and/or learning specialist.