



Barriers to Effective Studying – Self-Assessment

ITEM	Rarely	Sometimes	Frequently
When I sit down to study, I find that I am fatigued or sleepy.			
When I try to study, I find myself thinking about how much I dislike the class or material.			
When I try to study, I find myself worrying about my performance in the class.			
When I try to study, I find myself overwhelmed by how much I have to do.			
When I try to study, I find myself thinking of things that have nothing to do with my course work.			
When I try to study, I find myself worrying about personal problems.			
When I try to study, I frequently forget what I have just learned.			
When I try to study, I am alert for at least half an hour before I lose concentration.			