Assess Yourself: Listening and Note taking

1. Do you review and edit your notes within 24 hours after each of your classes? [ ] YES [ ] NO
2. Do you try to write down exactly what your professor says in class? [ ] YES [ ] NO
3. Do you separate the main points from supporting information in your notes? [ ] YES [ ] NO
4. Are you able to read and understand your notes when you study for an exam? [ ] YES [ ] NO
5. Do you sometimes find that your notes don’t make sense when you review them before the exam? [ ] YES [ ] NO
6. Do you tend to write down only important or key words when you take notes? [ ] YES [ ] NO
7. Do you review your notes by reciting them out loud? [ ] YES [ ] NO
8. Do you tend to miss a lot of information when you take notes? [ ] YES [ ] NO
9. Are you actively involved in the lecture? [ ] YES [ ] NO
10. Do you read your textbook assignment before you go to your lecture class? [ ] YES [ ] NO

Give yourself 1 point for each YES answer to questions 1, 3, 4, 7, 9, and 10. Give yourself 1 point for each NO answer to questions 2, 5, 6, 8. Now total up your points. A low score indicates that you need some help with note taking, and a high score indicates you are already using many good note taking strategies.

**TOTAL POINTS: ___________________**