



Self-Assessment

Answer “Yes” or “No” to the following questions about your note-taking strategy:

1. Do you have a note taking style or strategy?
2. Do you try to write down everything your professor says in class?
3. Do you rely on photographs or audio recordings instead of taking notes in class?
4. Do you try to separate the main points from supporting information?
5. Are you able to read and understand your notes when you review/study?
6. Do you preview course content before class?
7. Do you wait at least 24 hours to review and edit/revise/review your notes after class?
8. Do you find that you are missing information in your notes when it comes time to study or create study materials?
9. Have you ever tried to tweak or revamp your note-taking style?
10. Do you count on getting notes from others at test-prep time instead of taking your own notes?

Give yourself one point for each Yes answer to questions 1, 4, 5, 6, and 9 and each No answer to questions 2, 3, 7, 8 and 10. If you score high, you are already using good note-taking strategies. Low scores need improvement in their note-taking approach. Any scoring below 10, however, indicates room for improvement.