

# 1. Looking Inward

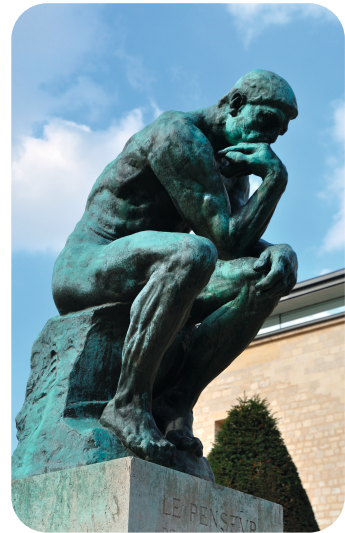
## Knowing Yourself as a Learner

If you're like most people using this book, you have spent lots of time as a student. But have you ever really thought about what kind of learner you are?

Each of us carries strengths, abilities, and attitudes that shape how we view learning and influence our academic performance. A student who dislikes a subject or had a bad experience in a prior class, for example, may conclude he is a poor student and “can’t do” a certain subject. Similarly, a student who passed high school with little to no effort may conclude that studying isn’t needed in college. In both cases, these attitudes—which are often invisible to students—can be misleading or even harmful.

*Stepping Up* begins with two surveys which will help you examine your own ideas about learning. These surveys prompt you to identify your strengths and challenges as a student. In addition, they seek to provide you with practical information you can use to acquire new skills or bolster areas that might need strengthening.

Keep in mind there are no right or wrong answers here, and there are no grades. This section’s surveys are tools for self-discovery. Answer as honestly as you can.





## SURVEY 1: A LOOK INSIDE YOUR MIND

The following ten questions will ask you to examine your views about topics related to studying and college work. Answer them honestly to learn about yourself. There are no right or wrong answers. Indicate one answer for each question.

### About Motivation

1. I don't really like schoolwork, and I don't like to study. I do what I need to do, but I spend as little time as possible. Life is supposed to be about enjoying yourself and having some fun. I'd rather spend time doing something else instead of studying.

Completely Agree    Partly Agree    Disagree

2. I struggle to get motivated to study material that's not going to be of any use to me once classes end. Why should I bother learning something that has no longterm value to me?

Completely Agree    Partly Agree    Disagree

### About Study Strategies

3. I don't have much success studying. Whenever I sit down to study, I have trouble focusing and can't seem to pay attention.

Completely Agree    Partly Agree    Disagree

4. I never developed a study plan in school. I "get by" by going to class and paying attention. Since this strategy worked in the past, I plan to continue using it in college.

Completely Agree    Partly Agree    Disagree

### About Time Management

5. I tend to find ways to avoid studying. I want to do well in college, but I always end up putting studying off until it is too late.

Completely Agree    Partly Agree    Disagree

6. I simply have no time to study. Between classes, my job, my family, and other obligations, I can barely get my homework done, let alone study.

Completely Agree    Partly Agree    Disagree

### About Active Reading and Note-Taking

7. My studying time is not productive. I feel like I review things over and over again, but I don't retain anything in my memory. Sometimes I don't know why I bother.

Completely Agree    Partly Agree    Disagree

8. I try to read everything that is assigned, but it is tough to focus. Sometimes I'll get to the bottom of a page or article and realize I don't remember what I just read.

Completely Agree    Partly Agree    Disagree

### About Test-Taking

9. Even when I study, something happens to me when it is time to take an exam. I become nervous, everything gets jumbled in my mind, and I start making mistakes.

Completely Agree    Partly Agree    Disagree

10. I have never been a good test-taker. I do my work and try my best, but my tests have always been an area where I struggle. I worry that exams are going to hurt my grades.

Completely Agree    Partly Agree    Disagree

Excellent! You've completed the survey.  
Now read further to see what your answers reveal about you  
AND how they can impact your college career.