

- read out loud
- talk over ideas from class and what you are studying with other students
- actively participate in class discussions
- listen to audiotapes on the subject

To improve your study skills as a **kinesthetic learner**:

- stand up and move around while you are studying
- take frequent breaks while studying
- make use of your hands write things down as you study
- use the computer to reinforce learning
- be physically active and experiment with objects
- memorize or rehearse while walking or exercising

Use Different Study Times Effectively

[4] Another important strategy in order to be successful in your studies is making effective use of your study time. This means you need to do daily and weekly reviews of your notes in addition to reviewing your notes in preparation for exams or tests. Moreover, it is also important to use your study time productively by trying to use peak study times and free times for your studies.

- **Daily Reviews:** Study begins on the first day of class. Successful students read and review notes before each class to recall information from the previous class and to warm up for learning. Review your notes immediately after each class to reinforce learning, or within a 24-hour period for best recall. Repeated exposure to the material will store it in your long-term memory. Studying one hour immediately after a class will do more good in developing an understanding of the material as several hours or a few days later. Studies show that as much as 80% of material learned in class is forgotten within 24 hours if there is no review.
- **Weekly Reviews:** At the end of the week, go over your notes for the week. This refreshes your memory and fosters better recall of the material. Repetition is the key to remembering. The more times you look at the material, the stronger you make the neural (brain) pathways that lead to the material. This makes recall much easier.
- **Pre-exam Reviews:** These reviews are longer, from 3-5 hours. Break your study sessions into one-hour blocks with ten-minute breaks in between. Get up, stretch, get a drink, and move around during your break. The more active you are, the more effective your study time will be. A tired body only makes a tired mind.
- **Peak Study Times:** Study when you are at your peak, when you are more awake and alert and able to absorb new information. If you are a morning person, your best study time is in the morning. If you are an evening person, study at night. If you cannot find time to study at your peak time, try to study when you are feeling relatively awake and alert.
- **Bonus Study Time:** Whenever you have extra time, study. Write notes on small cards and have them with you. Whenever you have free time, such as when waiting for appointments, study your notes. Study by tape-recording your notes and listening to them while driving or walking to school. Study whenever you find yourself having an unexpected break, a free hour, a canceled class, etc. Don't forget that weekend evenings can also be used for studying.

Communicative English Language Skills (FLEn 1011) Test for First Year Students

Name: _____ Id. No.: _____ Section: _____

Maximum Value: 25%, Time Allowed: 50'

Read the following text carefully and answer the questions that follow.

(1) Did you ever pause to wonder what sets apart the really successful students from the average ones? Why do some students who study all the time barely score pass marks while others who do not put in as much time and effort do well? Is it all related to IQ and genetics, or are some other factors involved? Well, the truth is that success in school is not so much determined by mere intelligence as knowing how to study.

(2) Studying is a skill. Being successful in school requires a high level of study skills. Students must first learn these skills, practice them and develop effective study habits in order to be successful. Good study habits include many different skills: time management, self-discipline, concentration, memorization, organization and effort. Desire to succeed is important, too. This short article will help you develop effective study habits. You will discover your areas of strength and identify your weaknesses in relation to studying. You will learn about your preferred learning channel, tips to organize your studies, and ways to help you remember what you study. You will find that once you develop effective study habits, the job of studying and learning will become easier. Instead of working harder, you will be working smarter.

Know Your Learning Preference

(3) Knowing how you learn best is the first step in developing effective study habits. Every student approaches the task of learning differently. Every student has a unique and personal learning style or a preferred channel through which learning comes more easily. To know your learning style, ask yourself the following: Am I more inclined to remember something better when I see it, when I hear it, or when I experience it or do something active with it? The answer to the above question helps you to have a fair idea of what learning channel you prefer to use, i.e. visual (by sight), auditory (by hearing), or kinesthetic (by touching or doing). We all use all three learning channels. In fact, we use all our senses in learning about the world around us, but each of us has a tendency to rely more heavily on one of them. You can improve your study habits by developing all three learning channels, and you may find the following tips and ideas useful.

To improve your study skills as a **visual learner**:

- visualize what you are studying, or what the teacher is talking about
- use color in your notes (colored pens, markers, highlighters, etc.)
- draw pictures and diagrams while studying
- use mind maps in your notes
- use pictures and graphics to reinforce learning
- learn from videos

To improve your study skills as an **auditory learner**:

- listen to tapes of recorded lectures or assignments
- tape-record your own reading of your notes or textbooks

Know Your Purpose or Goal

- (5) Why are you studying and what do you intend to gain from it? Ask yourself this question every time you sit down to study. Half-hearted or distracted studying is a waste of time. Relate studying to your life goals. If you cannot see the point in studying, it will only make it boring and tedious. Think about your goals. Ask yourself, "What do I hope to gain from this?" You have to put meaning into your studies in order for them to be meaningful to you.

Organize and Manage Your Time

- (6) Plan your study time. Leave enough time for each of your subjects and more time for difficult ones. Most school subjects require about two hours of study per week. If you are a slow reader or have other study problems, you may need to plan more time. Prioritize your time and **put off** other activities to allow for adequate study time. You may find it necessary to postpone or cancel certain activities in order to fulfill your goals as a student. Keep a weekly and monthly schedule planner in which to record due dates of assignments, tests, papers, projects, etc. Schedule study times daily in your planner. Be sure to plan extra time for long study sessions before tests. Schedule time for weekly reviews of all your notes from the beginning of class to the present.

Organize Your Study Area

- (7) Keep notes and handouts from class in a 3-ring binder. This is useful because you can add pages to it, copy notes that were missed from other students, and add handouts from class in the proper sections. You can also put index cards marking different topics in your note binder. Study in an area that is set up for serious study. Have your tools for study: notebooks, textbooks, pens, pencils, computer, dictionary, etc. Be sure the area is well-lit, free from noise and distractions, and not too comfortable. Control for interruptions like phones ringing, doors opening and closing, and people coming and going. Try to study in the same place every day.

I. From the given alternatives, choose the correct one and write it on the space provided. [5 points]

- ___ 1. Which of the following statements is correct according to the above text?
- A. Intelligence is a more important factor for academic success than knowing how to study
B. People having auditory type of learning style are more effective than those with other types
C. Anyone can develop effective study skills through learning and practicing
D. A person can only have or use one learning style or preference
- ___ 2. What is the average study time that most school subjects require per week?
- A. Three hours B. Two-three hours C. Two hours D. Three-five hours
- ___ 3. A useful study technique or method for visual learners is
- A. Using pictures and graphics while studying C. Taking frequent breaks while studying
B. Reading out loud D. Listening to recorded lectures or assignments
- ___ 4. One of the following is **not** advisable in relation to the choice of study places
- A. Studying in the same place every day C. Making sure the area is free from distractions
B. Studying in a dark area D. A & B