

## 2. ACTIVE STUDYING

1. What are the four factors listed that will affect the amount of work you will need to do for a test or exam?

- i) .....
- ii) .....
- iii) .....
- iv) .....

Give another two examples of things that could affect the amount of work you will need to do for a test or exam:

- v) .....
- vi) .....

2. What are the three things you need to be able to do in a test or examination?

- i) .....
- ii) .....
- iii) .....

3. What are the three steps or aspects to doing this?

- i) .....
- ii) .....
- iii) .....

4. Why is making study notes important?

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5. Why do you then have to 'learn' the information after making study notes?

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6. How does doing lots of 'practice' help?

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7. What does the cycle of studying involve?

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8. For the techniques for 'learning' the information, take each technique and write it into one of the three columns below. You can summarise the technique, ie. write it briefly instead of writing the whole thing out.

Techniques you use quite regularly	Techniques you use now and then	Techniques you have never used

9. Explain the relationship between learning, understanding and remembering:

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10. What is the biggest mistake that most students make when it comes to 'learning'? What do you have to do to avoid making this mistake?

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11. What should you do if you don't understand the information you are trying to learn?

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12. In your own words, explain what the main criticisms of the learning styles concept are.

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13. In your own words, explain what are the main things you need to remember about learning styles.

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14. Fill out the table below:

	VISUAL learners	AUDITORY learners	KINESTHETIC learners
Explain how people with this preference learn best.			
Give 3 characteristics that people with this type of learning preference may exhibit.			
Explain what sort of techniques these learners should implement in the classroom.			
Give 3 study techniques that people with this type of learning preference could try.			

15. From the reasons given for the need for 'practising', which do you think are the 4 most important?

- i) .....
- ii) .....
- iii) .....
- iv) .....

16. What is the biggest mistake students make in practising? What do you have to do to avoid making this mistake?

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17. In your own words explain what 'under examination conditions' actually mean?

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18. Why is it important to do lots of practice under examination conditions?

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19. For the different types of sources for 'practising' the information, take each suggested source and write it into one of the two columns below.

Sources for questions that you have used before to do practice:	Sources for questions that you have never used to do practice:

20. For the different suggestions for when you get stuck on a question, take each suggestion and write it into one of the two columns below.

Suggestions for when you get stuck that you have used before:	Suggestions for when you get stuck that you have never used:

21. Explain the difference between the two different approaches to practising:

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22. What are the two types of lists you need to keep while practising:

- i) .....
- ii) .....

23. Why do you think is it important to keep these lists?

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24. For each of the following questions, explain the answers in your own words:

What are the most effective techniques for studying?	
I never seem to be able to remember everything. What can I do?	
How long should you study for at a time?	
How many hours should I be studying?	

Does listening to music help or hinder when you are studying?	
Why are exercise and healthy eating so important?	
I'm just not smart enough. How can I learn everything?	



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