

Faculty of Letters and Languages

Department of English

Full Name:..... Group: ...

Mark:...../20

**First Semester Exam in Study Skills**

**Activity 1: Write the appropriate term for the following definitions. (04pts)**

- Habitual practices that students do to improve their academic achievement.....
- The process of dividing time between different activities.....
- The habit of delaying an important task, usually by focusing on less urgent, more enjoyable, and easier activities instead. ....
- A desired image of the future that influences present actions.....

**Activity 2: Choose the right answer (a,b,c,d) to complete the following statements. (03pts)**

1. Prioritization refers to ordering tasks according to their .....

Importance and urgency

Importance and benefit.

Importance.

None of the above.

2. Improving study habits requires careful attention to .....

Studying time and duration

Studying Strategies

Studying environment

All of the above.

3- Cramming lessons is .....

Bad study habit.

Good study habit.

I will do well in all my classes this semester.

I will revise my lessons 30 mins every day to get an average of 14/20 in my first semester [exams](#).

I will get a good job when I graduate.

I will finish writing my written expression assignment sometime soon.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
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501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520	521	5																																																																														

### The First Semester Test of Study Skills

Student's Full Name: .....

Group: .....

**Task 1: Complete the sentences with the appropriate information. (02pts)**

- 1- Prioritization refers to ordering tasks according to their **importance** and **urgency**.
- 2- **Visual learners** process the world mostly by images. One of the techniques they use is **graphic organizers/ images/ colours/ highlighters**.

**Task 2: The student in the following meme is overwhelmed by the amount of work he has to do. Explain briefly how this situation could be avoided. (03pts)**



<sup>2</sup> **Key words: time-management/ clear goals/ prioritization/ organization/ planning/ stress management/ energy management. (01.5 pt)**

**Coherent explanation and argumentation (01.5 pt)**

<sup>2</sup> <https://www.sjuhawnews.com/memes-reveal-students-mental-health/> accessed on 10/12/2023

**Do the following objectives follow the SMART system? What is the problem with the ones that do not? How can you improve them?**

<b>Goal</b>	<b>Your Comment</b>	<b>Improved goal</b>
I will do well in all my classes this semester.		
I will revise my lessons 30 mins every day to get an average of 14/20 in my first semester <a href="#">exams</a> .		
I will get a good job when I graduate.		

**1. Complete the following list with tips that have worked for you in designing goals and committing to them.**

Discussing goals with a critical friend may .1  
.help in the process of designing realistic goals

Writing goals down and keeping them visible .2  
can be a reminder of the important things that  
.should be done to reach them

..... .3

.....

..... .4

.....





None of the above.

3- Using ..... can be a good technique to store and retain information for auditory learners.

Diagrams.

Mind maps.

Rhymes

Role-plays.

4- Taking regular breaks while studying is .....

Bad study habit.

Good study habit.

Kinaesthetic learning technique.

None of the above.

**Activity3:** Mention four problems that student face due to poor time management. (04pts)

- 1-.....
- 2-.....
- 3-.....
- 4-.....

**Activity 4:** The following diagram represents different aspects of a university student life. How can a university student manage all these aspects without feeling overwhelmed? (06pts)

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**Faculty of Letters and Languages**

**Department of English**

**Full Name:**.....

**Group:** ...

**Mark:**...../20

**First Semester Exam in Study Skills**

Define the following terms: (2 pts)

**Goal**

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**A library**

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**2) Fill in the gaps with the right word (s) (5pts)**

1. Study Habits refer to the.....that learners do during the process of getting new information.
2. One of the worst habits that students need to avoid is ..... It is the act of postponing, delaying or putting off especially habitually or intentionally which results in a less-than-stellar output.
3. .... enables you to work smarter – not harder – so that you get more done in less time, even when time is tight and pressures are high.
4. The bilingual dictionary is a kind of dictionary that has .....and it follows .....

**3) Mention one characteristic associated with each type of the learning styles (3 pts)**

**Visual:**.....  
.....  
.....



## First Term Examination in Study Skills

**Task one :Briefly define the following key concepts.**

1. Independent learning
2. Getting organized
3. Tutorials
4. Receptive skills
5. The VARK

**Task two : Answer TWO of the following questions. Choose only Two**

Q1) Discuss the meaning of independent learning and explain its boundaries

Q2) What Internet skills would be helpful in an on line class?

Q 3: We learn language by ear as small children. But is It more difficult as an adult? If so, how do you mitigate that?

Q4: What are the particular challenges of learning a language that isn't written down?

Q5: Write a short paragraph discussing your own way (as a language learner)to develop your receptive and productive skills.

Level: L1  
Group: 07-08

Module: Study Skills  
Academic Year: 2023/2024

Teacher: Ms. Ghennai

Task1: According to your experience in different schools (primary, middle, secondary...), what activities does studying include? Draw a mind map to organize your ideas.

Task 2 (Classroom discussion): Tell your classmates about your BAC experience, what studying strategies were effective and successful?

Task 3: Listen to your classmates' experiences and answer the following questions.

What strategy worked well for you, too?

.....

.....

What strategy didn't work well for you? Why?

.....

.....

What strategy was surprising? Interesting? What would you like to try?

.....

.....

Full Name:..... Group: ...

Mark:...../06

## First Semester Test in Study Skills

1. Define "Time Management". (2 pts)

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2. Explain 2 good study habits. (2 pts)

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2) Explain briefly what is meant by a SMART goal. (2 pts)

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Faculty of Letters and Languages

Department of English

Full Name:.....

Group: ...

Mark:...../06

**First Semester Exam in Study Skills**

**Activity 1:** Write the appropriate term for the following definitions.

(06pts)

- 1- A preferential way by which learners process information. ....
- 2- An image of the future that motivates present actions. ....
- 3-Positive and productive habitual practices students do in order to improve their academic achievement. ....
- 4-Postponing and delaying doing tasks. ....
- 5-Techniques and activities done for the aim of lowering a person's level of stress. ....
- 6- The process of organizing and planning how to divide time between specific activities. ....

**Activity 2:** Choose the right answer (*a,b,c,d*) to complete the following statements.

- 1-'I will do well in my first term exams' is .....  
  
An unattainable goal.  
  
An unmeasurable goal.  
  
ASmart goal.  
  
An unrealistic goal.
- 2- Prioritization refers to ordering tasks according to their .....  
  
Importance and urgency  
  
Importance and benefit.  
  
Importance.

## Study Skills –First Year

### First Semester Quiz

#### Exercise N:01

Motivation refers to goal-directed behavior. And when one is attempting to measure motivation, attention can be directed to a number of features of the individual. The motivated individual expends effort, is persistent and attentive to the task at hand, has goals, desires and aspirations, enjoys the activity, experiences reinforcement from success and disappointment from failure. He makes use of strategies to aid in achieving goals. That is, the motivated individual exhibits many behaviors, feeling and cognitions that the individual who is unmotivated does not have.

Read the paragraph then take notes using one of the methods that you have studied.

#### Exercise N:02

'No two people learn in exactly the same manner'. Explain the differences in the way of learning between students in your class.

#### Exercise N:03

Among the factors that can increase the problem of attention and concentration is daydreaming during classes. How can students get rid of this phenomenon and better develop their attention in the classroom?

#### Exercise N: 04

State the differences between:

- 1-Intensive and extensive reading.
- 2-Skimming and scanning techniques of reading.

Kinaesthetic learning technique.

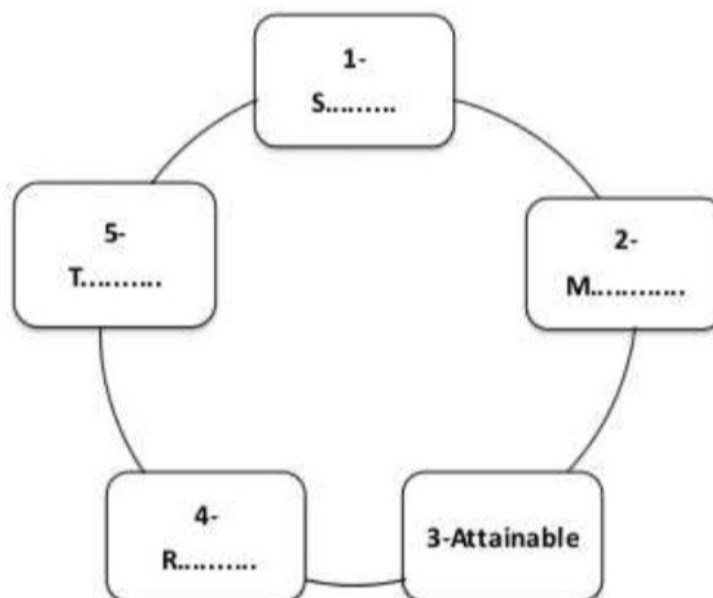
None of the above.

**Activity 3: Name the learning style represented in each of the following pictures.**  
(03pts)



- 1-.....  
2-.....  
3-.....

**Activity 4: Complete the diagram by mentioning the criteria of SMART goals.**  
(04pts)



**Activity 5: Time management is an important skill that university students must develop. What strategies can students use to manage their time successfully?**  
(06pts)



### The First Semester Test of Study Skills

Student's Full Name: .....

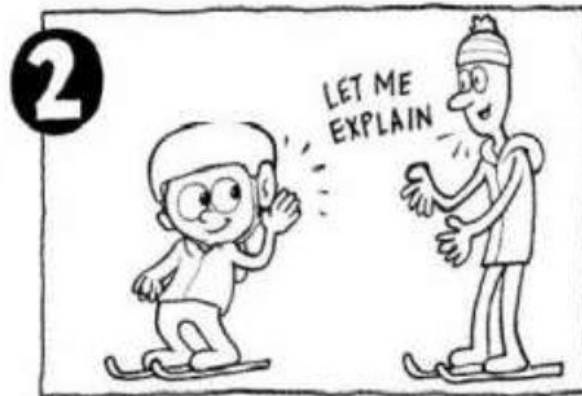
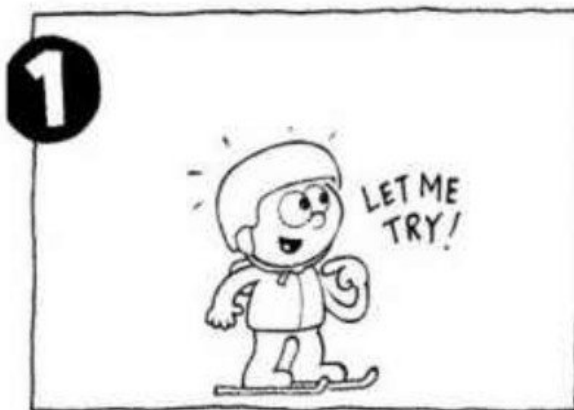
Group: .....

**Task 1: Complete the sentences with the appropriate information. (02pts)**

1- Auditory/ musical learners learn most effectively by listening. One of the techniques they use is rhymes/ rhythms/ songs/ jingles/ explaining to others

2- Good study habits can increase students' level of confidence/ self-esteem/ competence.

**Task2: Name the learning style of the boy in picture (1) and (2) below. Briefly discuss how each style learns. (03pts)**



1

The boy in picture (1) has a kinaesthetic learning      The boy in picture (1) has a kinaesthetic learning

Style. (0.5pt)

Style. (0.5pt)

Coherent explanation and argumentation.

Coherent explanation and argumentation.

(01pt)

(01pt)

<sup>1</sup> Both pictures are adapted from Adapted from <https://twitter.com/skitipsforkids/status/1094325295136546817> accessed on 19/11/2021

### The First Semester Test of Study Skills

Student's Full Name: .....

Group: .....

**Task 1: Complete the sentences with the appropriate information. (02pts)**

- 1- **Setting clear goals** is the first thing learners do to be good time managers.
- 2- 2- Good study habits can increase students' **confidence/ self-esteem/ competence**.
- 3- A goal is an ideal future image that influences **present action**.

**Task 2: A student posted:**

How am I supposed to work, go to lectures, do essays, study, stay in shape, be social, cook for myself, AND get 8+ hours of sleep at night?

<sup>3</sup>

**Explain briefly how can students avoid being overwhelmed by all the activities they have to do. (03pts)**

**Key words: time-management/ clear goals/ prioritization/ organization/ planning/ stress management/ energy management. (01.5 pt)**

**Coherent explanation and argumentation (01.5 pt)**

<sup>3</sup> <https://www.boredpanda.com/student-university-life-memes/> Accessed on 10/12/2023

**The First Semester Test of Study Skills**

Student's Full Name: .....

Group: .....

**Task 1: Complete the sentences with the appropriate information. (02pts)**

- 1- **Interpersonal or social learners** prefer to learn through activities that involve interactions such as classroom discussions.
- 2- Using **highlighters/ colors/ diagrams/ mindmaps** can be a good technique to store and retain information for visual learners.
- 3- **Cramming** means covering a huge amount of lessons just before sitting for a test or an exam.
- 4- **Setting clear goals** is the first thing learners do to be good time managers.

**Task 2: Name the learning style of the girl and the boy in the picture below. Briefly discuss how each style learns. (03pts)****The girl's learning style is verbal-linguistic. (0.5pt)****Coherent explanation and argumentation. (01pt)****The boy's learning style is visual. (0.5pt)****Coherent explanation and argumentation. (01pt)**



FIRST MID-TERM EXAM IN STUDY SKILLS

**Question 01: (6 pts)**

Answer by True / False and provide necessary explanation for all the statements in no more than two lines:

- 1- Taking the time to set goals wastes your limited time.
- 2- Stress can help/ disrupt memory.
- 3- Always start working on the easiest tasks, even if they are less important.
- 4- If sound bothers you when you are learning that means you are an auditory learner.
- 5- It is crucial that a student writes down everything their teacher says during a lecture.
- 6- Before a class begins, it is important to mentally prepare yourself by clearing your mind of any distractions.

**Question 02: (4.5 pts)**

Complete the following table with three main characteristics of each learning style:

Visual learner	Auditory learner	Kinaesthetic learner
.....	.....	.....
.....	.....	.....
.....	.....	.....

**Question 3: ( 3 pts)**

How can you remember this list through one of memorization techniques. Provide the name of the technique then explain it.

*behaviour, evaluation, success, motivation, attention, review, teaching*

**Question 04: (6.5 pts)**

In a short paragraph deal with one of the following topics:

- 1- Procrastination is a one of the common time problems.
- 2- Explain how attention and concentration are closely linked.
- 3- Explain one of the note taking methods with examples.
- 4- Being able to take and make good notes efficiently is a key skill for studying at university.



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## Study Habits Bubbles

