

# 1 Help yourself

## Study habits activity

Every student is different: what suits one student may not suit another. In order to make the most of your study time, use this questionnaire to help make the best study choices for you. Follow the instructions A–D.

**A** Read each statement. Circle a number from 1–5 to indicate how useful this study idea would be for you. (1 = this wouldn't help me at all; 5 = this would make a big positive difference)

**B** Read each statement again. Using a different colour pen, circle a number to indicate whether this is really part of your study habits. (1 = I never do this, 2 = I always do this)

**C** Count the difference between your answers to A and your answers to B. For example, if you circled 4 to indicate how helpful something is and then circled 2 to indicate whether you do it, then the difference is 2. Write the answer in the next column.

**D** Think about the difference between your ideal study scenario and reality. Which situations would you most like to change? Choose 3 which you think you can actually change. Be realistic. Think of an action plan to improve your habits and write your ideas in the final column.

	Score	Difference	Action plan
Studying on my own with no interruptions.	1 2 3 4 5		
Studying in a quiet public place like a library.	1 2 3 4 5		
Studying in an unusual place like a café.	1 2 3 4 5		
Arranging study meetings with other students.	1 2 3 4 5		
Speaking with native speakers of English.	1 2 3 4 5		
Speaking English with other students of my nationality inside and outside class.	1 2 3 4 5		
Exchanging emails in English.	1 2 3 4 5		
Watching TV and DVDs in English.	1 2 3 4 5		
Listening to English-language radio broadcasts.	1 2 3 4 5		
Downloading audio material in English.	1 2 3 4 5		
Reviewing my notes from each lesson the next day.	1 2 3 4 5		
Keeping a record of new words.	1 2 3 4 5		
Doing lots of IELTS practice tests.	1 2 3 4 5		
Reading books and newspapers in English.	1 2 3 4 5		
Visiting Internet sites for students of English.	1 2 3 4 5		