

Mohamed Khider University of Biskra

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.

A SMART goal.

An unrealistic goal.

- 2- Prioritization refers to ordering tasks according to their

Importance and urgency

Importance and benefit.

Importance.

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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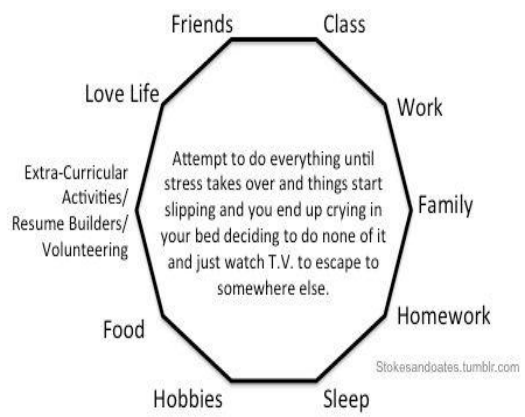
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Good Luck!