

S1 Study Skills Exam

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

- 1- Habitual practices that students do to improve their academic achievement. **Good Study Habits**
- 2- The process of dividing time between different activities. **Time-management**
- 3- The habit of delaying an important task, usually by focusing on less urgent, more enjoyable, and easier activities instead. **Procrastination**
- 4- A desired image of the future that influences present actions. **a goal**

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

- a- **Importance and urgency**
- b- Importance and benefit.
- c- Importance.
- d- None of the above.

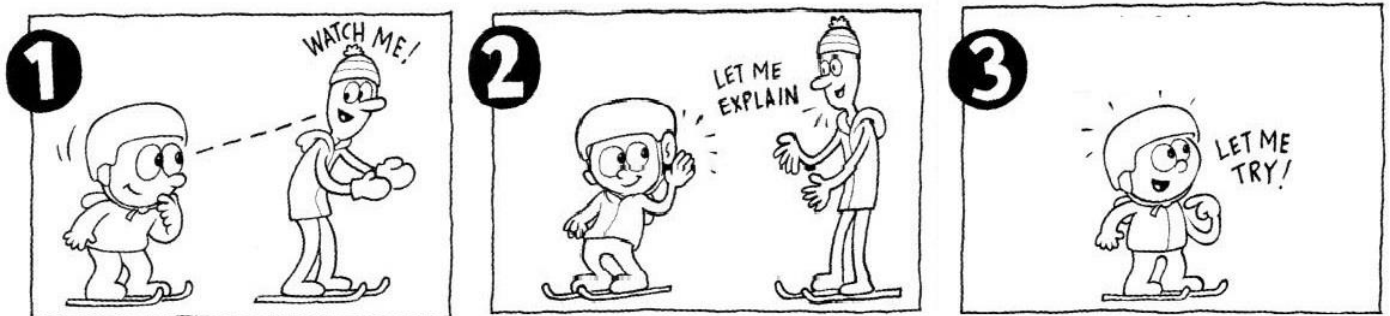
2- Improving study habits requires careful attention to

- a- Studying time and duration
- b- Studying Strategies
- c- Studying environment
- d- **All of the above.**

3- Cramming lessons is

- a- **Bad study habit.**
- b- Good study habit.
- c- Kinaesthetic learning technique.
- d- None of the above.

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



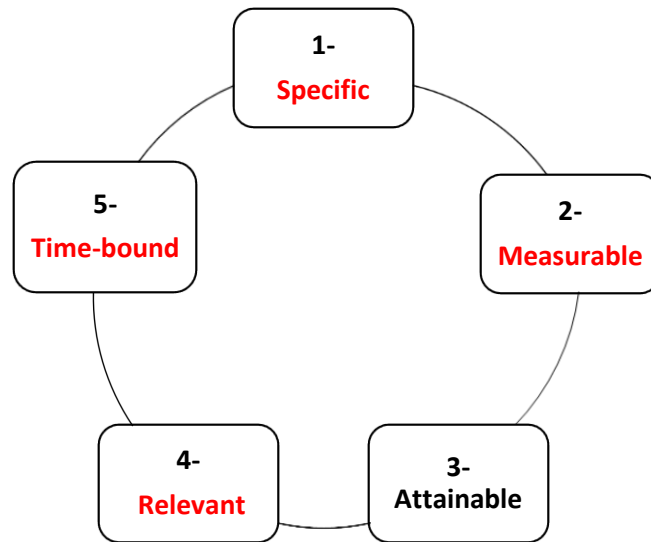
Source: <https://twitter.com/skitipsforkids/status/1094325295136546817>

1- Visual Learning Style

2- Auditory Learning Style

3- Kinaesthetic Learning Style

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)

Form (03 pts) : correct language, coherence, cohesion and punctuation.

Content (03pts) : logical order, relevance of information and good argumentation.

Key words Goal setting, prioritization, organization, planning, stress management, communication.

Good luck!