**Practice**

Since this course aims at developing study skills in university students, it is of paramount importance to know their studying habits and orientations.

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| **Answer the following questions and discover who you are.**   1. Do you try to do your best in work, or do you just let it go? 2. What are the things that distract your attention from the lecture in class? 3. What are your favored places for studying? 4. Do you prefer to plan what you are going to do during the day? 5. Do you know how to use a textbook? 6. How do you take notes in class? 7. When you take notes, do you write every single word, or do you use some other techniques? 8. Do you usually feel uneasy in situations which necessitate taking notes? 9. In reading, do you use such techniques as summarizing, paraphrasing and quoting? 10. Do you prepare for exams before, or do you study the night before? 11. Do rely on memorization, or do you use other techniques to retain information? 12. Do you ever forget what you memorize? 13. Do you rely on the dictionary to find the meanings of words that you do not know? 14. Are you interested in identifying your strengths and weaknesses in your subjects? 15. Do you usually read with a purpose? 16. In reading for different purposes, do you rely on such techniques as: skimming and scanning? 17. Before you read a book, do you look at headings, summary, index? 18. Where do you like to study most: at home, in the library, with others? 19. After doing a difficult task, do you usually reward yourself? 20. Do you usually tend to put your plans off? |

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| **This activity is taken from Wood (2000, p.11); it helps learners get to know their learning styles:**   * Write in your notebook a list of things you like to do, and things you’re good at. Include the kinds of jobs you enjoy, clubs you belong to or to which you’d like to belong, and things you haven’t done but wish you could. * Make five columns, one for each general learning style: eyes, ears, order, images, and doing. * Now take each item from your list and put it in the appropriate column. Some things might appear in more than one column. For instance, playing the clarinet could be both *doing* (the fingers are doing the walking) and *ears* (listening). * Add the number of items in each column. Which columns have the most? These are the ones that most likely represent your strongest learning styles. |