

(مهارت‌های مطالعه و یادگیری)

:Questions

1. What are your primary goals for improving your study skills during this course? Be specific and measurable. For example, instead of saying "I want to do better," say "I want to increase my grade by at least one letter grade." Why are these goals important to you?

2. Yorkey likely discusses the importance of a positive attitude toward learning. Describe a time when you felt particularly motivated to learn something new. What factors contributed to your positive attitude, and how can you recreate those factors when you feel less motivated?

3. Describe your current method for planning your study time (e.g., using a planner, calendar, system, to-do list). What are the strengths and weaknesses of your current method?

4. Yorkey likely presents techniques for prioritizing tasks. How do you currently decide which tasks to tackle first? What criteria do you use (e.g., urgency, importance, interest)? How could you better balance urgent versus important tasks?

5. Identify two specific external distractions that often disrupt your concentration while studying. What practical steps can you take to minimize or eliminate these distractions in your study environment?

6. What are two internal distractions that impact your concentration, and what can you do to reduce them?

7. Describe the note-taking system you currently use in lectures and readings. What are the advantages and disadvantages of this system?

8. What methods are these? Yorkey likely presents various methods for organizing notes. Which note-taking method do you find the most effective for your learning style, and how do you use it?

Answer Key

1. Answer: This is a personal response question. Look for specific, measurable goals related to academic performance or study skills. The "why" should connect the goals to personal to academic performance, aspirations, or career objectives.

Example: "I want to increase my reading load so I can achieve a B+ average on all English assignments and to effectively manage my time to complete all required readings each week. These goals are important to me because good grades will help me get into a better grad school, and better time management will help me reduce stress."

2. Answer: This is a personal reflection question. Students should describe a specific positive learning experience and identify the factors that contributed to their motivation (e.g., relevance to their interests, a supportive learning environment, a sense of accomplishment). They should also suggest practical steps for recreating those factors.

Example: "I found the language beautiful and expressive. The positive factors were the engaging teacher who made the material exciting and the collaborative discussions we had in class. To recreate those factors, I could choose topics that interest me, seek out courses with engaging professors, and form study groups for discussion."

Chapter 10: Organizing Your Time

Answer: This question requires a description of the student's current time management practices, as well as an evaluation of their strengths and weaknesses.

and senildaed kcart ot enohp ym no radnelac latigid a esu yltneruc l" :esnopseR elpmaxE • appointments. The strength is that it's always with me, and I get reminders. The weakness is that I often overschedule myself and don't allocate enough time for breaks or unexpected ".events

or prioritizing tasks and reflect on Answer: Students should describe their current criteria f .£
.the balance between urgent and important activities

tnegru tsom eht gnilkcat ,senildaed no desab sksat ezitiroirp yllausu l" :esnopseR elpmaxE • nes to get a quick sense assignments first. I also tend to work on easier tasks before harder o of accomplishment. To better balance urgent versus important tasks, I could use the importance -Eisenhower Matrix (urgent/important) to categorize my tasks and focus on high ".activities even if they aren't immediately urgent

Improving Your Concentration :Ter Chapt

Answer: Students should identify two specific external distractions and suggest practical .°
.solutions for minimizing them

dna setamoor ym morf esion era snoitcartsid lanretxe owT" :esnopseR elpmaxE • canceling headphones, study -on my phone. To minimize these, I can use noise notifications ".in the library or a quiet room, and turn off notifications on my phone during study sessions

practical Answer: Students should identify two specific internal distractions and suggest .7
.solutions for minimizing them

Example Response: "Two internal distractions are worrying about other assignments and my mind wandering off. To minimize these, I can make a list of all outstanding assignments hat I will do for each later. For the second one, I can get before I start to study and decide w ".up and stretch or do another activity for a few minutes

taking system and evaluate its -Answer: Students should describe their current note .Y
.strengths and weaknesses

typically write down key points and definitions in a notebook during l" :esnopseR elpmaxE • lectures. The advantage is that I have a record of the main ideas. The disadvantage is that my notes are often disorganized and I don't always capture the connections between ".concepts

Answer: *The methods will vary depending on the course and what is taught but students .^
.should be able to name them and then describe what works for them

Example Response: "The methods are the Cornell method, outlining, concept mapping, pping. Outlining and mind mapping work best for me because they allow me to and mind ma see the connections of each element of the lecture. I don't use the Cornell method because it ".is designed for more detailed lectures