

*If there's one thing above all that students need to learn, it's how to learn! More specifically, students need to know how to learn effectively. There are a number of techniques and skills you can employ to improve your learning. Read on to find out more.*

First of all, you need to be in the right frame of mind. Studying should be seen as an enjoyable opportunity to learn rather than a necessary evil that prevents you from relaxing or having fun. (1)\_\_\_ In order to take that step, get rid of any distractions. If you have a computer, a TV or PlayStation in your room, turn it off or study somewhere else. Also, think positively when you study by reminding yourself that you have the skills and abilities to get ahead. Don't let negative thoughts take over. If you haven't allowed yourself enough time to prepare for an exam or to write an assignment, don't give up! (2)\_\_\_ And never, ever compare yourself with others. We're all different and we all have different abilities and talents.

Then there's scheduling. You have to develop a schedule in order to make the best use of your most valuable resource, time. Make that schedule and stick to it because it will guide you in how to manage the available time most productively. Don't! You must take your studying seriously — it isn't something to be done when you get around to it or have some spare time. (3)\_\_\_ Do you really think you can learn an entire term's worth of course material in one night? Of course not. By spending just half an hour a day revising the material, you'll stay on top of things. Study regularly throughout the term for as many subjects as you can. Don't wait until exam time to open your books!

So, you're ready to study and you've got a schedule. What next? Read effectively. (4)\_\_\_ How often have you read to the bottom of a page and suddenly realised that you remember absolutely nothing? Probably more often than you care to admit. Unless you read 'actively', you won't learn. How do you become an active reader? (5)\_\_\_ This makes sense as the important things to learn are usually answers to questions. If you ask and answer questions about what, why, how, when, who and where, you will begin to make sense of the material and remember it more easily. Another good technique to use is to break up chapters into sections and deal with each one separately. (6)\_\_\_ Make sure you understand everything before continuing to the next section. In this way, you steadily build up your understanding of the material in small, manageable steps.

See? It is possible to study and learn without stress if you study smart!

Прочитайте текст. Заполните пропуск (4) одним из предложенных текстовых фрагментов.

- 1 — Read, stop and review what you have just read.
- 2 — This doesn't mean just running your eyes over the lines of the text.
- 3 — It depends on the content of the review and the length of the text.
- 4 — By asking yourself questions as you read or study.

1) 1      2) 2      3) 3      4) 4