
Assessment

Study Skills Strategies

Fourth Edition

Complete this book, and you'll know how to:

- 1) Assess study skills and plan for improvement
- 2) Practice time-management techniques for successful studying
- 3) Take clear, meaningful classroom notes and study effectively from them
- 4) Use the five-step method to develop powerful reading skills
- 5) Practice memory techniques to enhance ability to learn
- 6) Improve test performance
- 7) Develop specific study skills for mathematics and related subjects
- 8) Review your study skills and implement an action plan to improve them



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Assessment Questions for ERROR! NOT A VALID BOOKMARK SELF-REFERENCE., Fourth Edition

Select the best response.

1. As a learning tool to enhance your study, a computer can be used to:
 - A. Ensure that your notes are more accurate
 - B. Replace the need to think about information you choose and use
 - C. Help you file, organize, and store information
 - D. All of the above
 - E. None of the above
2. Committing yourself to your studies means saying “yes” to:
 - A. Dedicating some time to organize your time and place for study
 - B. Talking about your commitment to friends and family
 - C. Multitasking while you’re studying
 - D. A and B
 - E. A and C
3. Setting priorities means making choices, not trying to fit everything in
 - A. True
 - B. False
4. Your place of study:
 - A. Should help you concentrate and do better work
 - B. Can be various places available to you during the day
 - C. Both of the above
5. A good way to prepare for effective note-taking is to:
 - A. Read your assignment before you come to class
 - B. Find a seat near the front of the room
 - C. Get to know other students in the class
 - D. All of the above
 - E. A and B
6. If you use a computer to take notes, it’s a good idea to:
 - A. Use fancy fonts and formatting
 - B. Use features such as underlining, boldface, and highlighting
 - C. Set up folders and documents for each subject
 - D. A and C
 - E. B and C

7. Which of the following signals indicates that your instructor is making an important point?
 - A. Voice changes
 - B. Repetition
 - C. Gestures
 - D. All of the above

8. When there's a lot of discussion in class, note the questions and ideas your classmates bring up, whether you agree with them or not.
 - A. True
 - B. False

9. The first step in the SQ3R strategy is to get an overview of what you're going to read, including:
 - A. Noting chapter titles, headings, and subheadings
 - B. Skimming introductory and concluding sections of each chapter
 - C. Reading certain sections that stand out
 - D. All of the above
 - E. A and B

10. When studying from a textbook, you should:
 - A. Read through the material first, then go back and mark the main points
 - B. Use speed reading techniques
 - C. Read the material only once
 - D. All of the above
 - E. None of the above

11. To best emphasize important points in reading, you should use:
 - A. Vertical lines in the margin
 - B. Asterisks by main points
 - C. Recall phrases in the margin
 - D. Any of the above

12. Reciting and writing the answers to the questions you've formed during your reading:
 - A. Helps encode the information in your long-term memory
 - B. Is a step you can skip if you feel confident you know the information
 - C. Neither of the above

13. Multitasking while you're studying doesn't speed up work but only distracts you and slows you down
 - A. True
 - B. False
14. To best retain what you learn, it's better to study for long periods at a time.
 - A. True
 - B. False
15. A good way to memorize what you're studying is to:
 - A. Recite answers to your study questions out loud
 - B. Recite answers to your study questions in your head
 - C. Find a study partner and quiz each other
 - D. A and C
 - E. B and C
16. If you must remember ten rules, the best approach is to:
 - A. Memorize each rule, and then try to recall all ten
 - B. Memorize the first rule, then the second, and then recall both rules, etc.
 - C. Write the rules over and over
 - D. Read the list of rules over 20 times
17. The most effective visual pattern for remembering a sequence of steps is:
 - A. Timeline
 - B. Tree diagram
 - C. Flowchart
 - D. Clustering
18. The left side of the brain is used for:
 - A. Forms and patterns
 - B. Imagination
 - C. Language
 - D. All of the above
 - E. None of the above
19. In a true/false question, a word such as *always* or *never* usually indicates the:
 - A. Correct answer
 - B. Incorrect answer

20. To avoid weak development in an essay
 - A. Develop one main point
 - B. Provide details, examples, and/or statistics
 - C. Make generalizations without supporting details
21. Transition words are most effective:
 - A. At the beginning of a sentence
 - B. In the middle of a sentence
 - C. At the end of a sentence
 - D. Any of the above
 - E. A and B
22. It's a good idea to save every quiz or test you take to go over the questions you missed.
 - A. True
 - B. False
23. When taking math notes, you should copy the instructor's theorems, principles, and definitions exactly.
 - A. True
 - B. False
24. A good technique for studying math is to:
 - A. Recopy your notes in ink
 - B. Rework model problems over and over
 - C. Recite each step of the problem-solving process aloud
 - D. Test your answers for reasonableness
 - E. All of the above
25. If you're taking an online math course, you should work the problems out on paper as well.
 - A. True
 - B. False
26. Which answers are good ideas for developing a study schedule?
 - A. Study 3 hours for all classes
 - B. Take 30-minute study breaks
 - C. Note time for preview and review on your study schedule
 - D. Schedule 7 times a week to exercise

27. Zig Ziglar states the following about setting goals:
- A. The last step is to write down your goal after setting your ending date
 - B. Goals are old-fashioned ideas for time management
 - C. First, write down your goal and end date.
 - D. Have only one goal
28. Which is the best answer/s for list making?
- A. Lists are a way to prevent procrastination
 - B. Carry forward items not completed to the next day
 - C. Set priorities
 - D. Highly effective people make lists at night
 - E. All of the above
29. Which answer/s is/are correct for the use of affirmations as motivators?
- A. Affirmations (I can do something) are in the future tense (will).
 - B. Affirmations must be in the past tense (was, were).
 - C. Affirmations must be in the present tense.
 - D. Use negative affirmations to motivate yourself.
 - E. None of the above
30. Do one or more of the following ideas to take good notes in class from a lecture.
- A. Use an outline rather than full paragraphs
 - B. Leave room on the left of the page for recall and review notes
 - C. Have your laptop ready to take notes in class or for online or distance learning classes
 - D. Avoid loose-leaf folders
 - E. All of the above
31. Use the bottom of page of notes to:
- A. Create study notes
 - B. Write recall cues
 - C. Write text messages.
 - D. Summarize in your own words
32. When doing critical reading and surveying for an overview of the reading:
- A. First, read the entire introduction and conclusion
 - B. Make a photocopy of any diagrams and/or charts
 - C. Note headings and subheadings and the relationship between the headings
 - D. Spend 25 minutes surveying what you're going to read

33. What does Q mean in SQ3R?
- A. Question
 - B. Question and recite
 - C. Question and review
 - D. Question and underline
34. What is/are the best suggestion/s for underlining your reading?
- A. Read a paragraph or section of the text, then go back and underline only the main points.
 - B. Don't underline the first time you read the material
 - C. Memorize the first time you read.
 - D. Underline only the concluding sentences of each paragraph
35. What's the correct meaning of SQ3R?
- A. Question first
 - B. Step 3- Read
 - C. Step 4- Recite
 - D. Step 5- Review
 - E. B, C and D
36. What does research by cognitive psychologists show on reversing cognitive decline?
- A. Cram for important tests
 - B. Exercise to improve memory 90% to 100%
 - C. Crossword puzzles help memory
 - D. Computer games may improve declining memory by a year.
37. What are the best ways to spread out memory work?
- A. Review memory work within 24 hours
 - B. Review after the first hour
 - C. Review after a week and a month
 - D. All of the above
38. What are good strategies for reciting material aloud:
- A. Only recite the answer in your head
 - B. Don't use study groups
 - C. Use a tape recorder
 - D. The voice of the person you study with won't help on a test

39. Associating a smell that you place nearby while you're study is using one of the senses you can use to recall information on a test.
- A. True
 - B. False
40. Organizing no more than 12 chunks of information in an organizational pattern is a tip for better recall.
- A. True
 - B. False
41. ROOSTERS is a catch word for:
- A. Remembering memory strategies
 - B. Reading critically
 - C. Roosters is a catch word created by using the last letter of the words
 - D. Visualizing a real rooster won't help you recall
42. Which of the following are ways to visualize memory work successfully?
- A. Astrological charts
 - B. Greek marathon sessions
 - C. Footprints
 - D. None of the above
43. What are rules for approaching matching questions?
- A. Glance over both columns quickly and find the longer column
 - B. Draw a line through each answer you eliminate
 - C. Begin by underlining or numbering key words in the question
 - D. All of the above
44. The word *always* is a clue that the answer may be correct.
- A. True
 - B. False
45. When two opposite statements appear in a multiple choice question:
- A. One of the opposite statements is really correct
 - B. Neither one of them is correct.
 - C. Both are correct
 - D. None of the above

46. Fear of an unknown essay question on a test can be reduced by following one or more of the following steps.
- A. Develop your own practice essay exams by pretending you're the teacher.
 - B. Sketch out an outline to 10 or more possible essay questions
 - C. Memorize the outlines using catchphrase of mnemonics
 - D. Practice writing essays with a time limit
 - E. All of the above
47. Cluster or write an informal outline of the main ideas and supporting details needed to answer the essay questions before writing the composition.
- A. True
 - B. False
48. Which of the following is/are step(s) to using study cards to memorize information or see relationships?
- A. Step 1 Place the hard questions or cards to the right
 - B. Step 2 Have someone ask you the questions orally
 - C. Step 1-Look at the front side of the card and ask yourself the question. Then look on the back to see if you're right.
 - D. If you're incorrect, test and retest three or more times
 - E. B, C and D are correct
49. The Internet:
- A. Is dangerous because of inaccurate information
 - B. Is useful for sites on essay writing, grammar, memory and other topics for online or regular classroom study
 - C. Isn't good because of the danger of plagiarism
 - D. Has only two Search Engines
50. Jaime Escalante played a famous high school math instructor who:
- A. Was the role model for the teacher in the movie, *Stand and Deliver*
 - B. Had students work in large groups at the board and recite orally the steps to find the answer to problems
 - C. Taught Asian students how to pass the Advance Placement Mathematics Exam
 - D. Encouraged his students to take the exam a fourth time to prove they hadn't cheated when they passed the first time

Assessment Answer Key for Error! Not a valid bookmark self-reference., Fourth Edition

Recommended response (Corresponding workbook page)

1. C (12)	14. B (65)	27. C (23)	40. B (68)
2. D (20)	15. D (66)	28. E (22-25)	41. A (75)
3. A (19-20)	16. B (69)	29. E (15)	42. D (75-79)
4. C (28)	17. C (78)	30. E (34)	43. D (86)
5. D (33)	18. C (85)	31. E (34-35)	44. B (86)
6. E (37)	19. B (87)	32. C (51)	45. A (87)
7. D (38)	20. B (93)	33. A (50)	46. E (88)
8. A (38)	21. E (95)	34. B (53)	47. A (92)
9. E (50-51)	22. A (99)	35. E (50)	48. E (98)
10. A (53)	23. A (103)	36. C (64)	49. B (88)
11. D (53-54)	24. E (104)	37. D (65)	50. A (104)
12. A (55)	25. A (109)	38. C (66)	
13. A (63)	26. C (21-23)	39. A (66)	