



Chapter 1 Exercises

Lesson 1.1: Understanding Different Learning Styles

1. Based on the following statement, what is the speaker's learning style?

| I'd rather not memorize a list of facts.

 - Sensing
 - Intuitive
2. What is a true statement about learning styles?
 - Learning styles are a good excuse for not completing an assignment.
 - Most people fall in the middle of each learning styles pair.
 - All learning styles have strengths and weaknesses.
3. Which term describes learning information through independent study?
 - Verbal learning
 - Sequential learning
 - Sensing learning
 - Global learning
 - Reflective learning
4. Which statement is a sequential learner most likely to make?
 - People say I'm detail-oriented.
 - I'll come back to that later.
 - I care most about the big picture.

Lesson 1.2: Determining Your Personal Learning Styles

5. Which study strategy is best for a global learner?
 - Master the first step before moving forward.
 - Break down a big task into several smaller tasks.
 - Learn a new concept in small, even chunks.
 - Keep the ultimate end goal in mind.
6. Identify two study strategies that are best for verbal learners.
 - Draw out diagrams and charts.
 - Review PowerPoint slides from class.
 - Listen to an audio recording with a friend.
 - Explain difficult topics verbally.
7. A student learns best when their instructor uses PowerPoint slides and charts. Even when they pay close attention, they feel like long lectures go right over their head. Which learning style fits this description?
 - Visual
 - Verbal

8. Which resource would be *least* helpful for a visual learner?

- Graphs
- Pictures and charts
- Pages of handwritten notes
- Videos

Lesson 1.3: Understanding and Reducing Stress

9. A student doesn't know where to find their next class. What kind of stress are they experiencing?

- External stress
- Internal conflict

10. A student is concerned that they'll forget an important assignment. What kind of stress are they experiencing?

- External stress
- Internal conflict

11. Identify two effective ways to manage stress.

- Keep stress hidden.
- Try to ignore stress as much as possible.
- Take action on the most important tasks first.
- Prevent unnecessary stress by avoiding procrastination.

12. What is *not* an effective way to manage stress?

- Work on small assignments before starting large projects.
- Set small deadlines.
- Ignore feelings of stress.

Lesson 1.4: Keeping Yourself Organized

13. Identify the true statement about workspaces.

- Finding a good workspace often requires planning.
- It's okay to be disorganized as long as you know where everything is.
- Your workspace should always be dark and quiet.
- A workspace should be free from class handouts and other course materials.

14. A student completely forgot that their instructor postponed an upcoming assignment. Which organizational resource could help them be more organized?

- Planner
- Workspace
- Filing system

15. A student can't concentrate when there are other people around. Which organizational resource could help them focus?
- Planner
 - Filing system
 - Workspace
16. Identify two benefits of using a filing system.
- You can easily find and review class policies and assignment guidelines.
 - Quizzes and notes will be organized so you can use them to study.
 - You will not have to organize documents.

Lesson 1.5: Managing Your Time Effectively

17. Identify the two *false* statements about time management.
- Putting away your phone will help reduce distractions.
 - You should always increase the time you spend on homework by five hours.
 - To manage your time effectively, don't spend time on activities you enjoy.
 - Certain distractions, like watching TV, are in your control.
18. What is multitasking?
- Working on more than one task at a time
 - Places for you to organize your schedule and record any tasks or responsibilities
 - Tools to plan the amount of time you want to spend on certain activities
19. Are most people good at multitasking?
- No, most people struggle to do multiple tasks well at the same time.
 - Yes, most people can do multiple tasks at once and do them all equally well.
20. Which time-management strategy should you *avoid*?
- Using a top-down method for planning your schedule
 - Spending the majority of your time on hobbies
 - Staying focused on one task at a time
 - Adding work time to your planner before scheduling entertainment time

Lesson 1.6: Taking Notes and Annotating Texts

21. What is annotating?
- A method for grouping information into topics and subtopics
 - An activity that involves paying attention, asking questions, and making connections
 - A strategy that is used for taking notes while reading
 - A term for what you already know about a topic

22. What is a mind map?
- An activity that involves paying attention, asking questions, and making connections
 - A term for what you already know about a topic
 - A note-taking strategy that divides the information into four sections
 - A method for making visual connections between topics
23. Identify two examples of active listening.
- Writing down questions about a homework assignment to ask the instructor later
 - Avoiding difficult assignments and skipping confusing information
 - Putting phones or other distracting devices away during class
 - Looking out the window and daydreaming
24. What is an example of an effective note-taking skill?
- Taking notes that are clear and easy to understand
 - Scribbling down random phrases that are not clearly related
 - Trying to remember everything without writing it down

Lesson 1.7: Using Effective Study Strategies

25. What is *not* an effective strategy for improving study habits?
- Spending a small amount of time studying every day
 - Color coding important information in your class notes
 - Using a memorable sentence to remember steps in a process
 - Leaving all your textbooks stacked in your room
26. Identify the true statement about procrastination.
- Procrastination involves breaking assignments into small chunks.
 - Procrastination can stem from self-confidence issues.
27. What is an effective strategy to make studying part of a daily routine?
- Keep study and work times separate.
 - Keep your study times spontaneous and unplanned.
 - Study at the same time as your roommate.
28. Which study strategy would be most helpful?
- Skimming over the notes one time and hoping it's enough
 - Leaving textbooks stacked in the corner and never opening them
 - Color coding important information in your notes

Lesson 1.8: Reducing Test Anxiety

29. Identify two actions that are *not* effective ways to reduce anxiety before an exam.
- Take advantage of study guides and class handouts.
 - Avoid meeting with your instructor before the exam.
 - Think of setbacks as opportunities for growth.
 - Try not to rely too much on study guides or class handouts.
30. Identify two strategies that can help you become a more confident test taker.
- Become more aware of negative self-talk.
 - Congratulate others for succeeding.
 - Set low expectations for yourself.
31. Identify two strategies that can help reduce anxiety before an exam.
- Telling classmates that you will probably fail the exam
 - Maintaining a positive attitude
 - Looking for opportunities to encourage classmates
32. Which strategy can help you become more confident about the format of a test?
- Meeting with classmates
 - Meeting with the instructor
 - Looking for a copy of the test online

Lesson 1.9: Taking Advantage of Campus Resources

33. Which campus resource can assist students with brainstorming essay topics?
- Disabilities services
 - Academic success center
 - Student services
 - Writing center
 - Library
34. Which issue would you be able to resolve at a college library?
- Finding a tutor
 - Discussing an upcoming test with an instructor
 - Finding articles for a research paper
35. Which campus resource can assist students who need someone to take notes for them?
- Disabilities services
 - Academic success center
 - Student services
 - Writing center
 - Library

36. What is the office responsible for on-campus tutoring?

- Disabilities services
- Academic success center
- Student services
- Writing center
- Library