

A WORKOUT FOR YOUR BRAIN!

Learning and studying are skills. That's good news. As with all skills, learning and studying can be practiced and improved so that you'll enjoy more success in school. You actually can build a better-working brain so that you can study and learn more easily. It all comes down to learning how to learn and study.

As you read through these pages, you'll learn about the ways you learn and study so that you can build your skills in those areas. And there's a coach to help train you. Along the way, he'll offer you challenges and tips to sharpen your learning skills.



Start by taking this quick quiz to help you learn about yourself and how you study. And here's more good news: There are no wrong answers. This quiz is designed to help you know more about yourself so that you'll see where you can improve.

Yes or No



Answer **Yes** or **No** to each question by checking your choice about the way you study.

Time Studying

- | | | |
|---|------------------------------|-----------------------------|
| 1. I spend too much time studying. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. I study only the night before a test. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. I don't have enough time to study and to see my friends as much as I want. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Concentrating

- | | | |
|---|------------------------------|-----------------------------|
| 4. I study with music or the television on. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. I get tired and distracted when I study for a long time. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 6. I often daydream in school. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 7. I fall asleep in school. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Reading

- | | | |
|---|------------------------------|-----------------------------|
| 8. I often remember what I just read. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 9. I change my reading speed depending on the kind of material I'm reading. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Taking Tests

- | | | |
|--|------------------------------|-----------------------------|
| 10. I cram the night before the test. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 11. I study enough, but when I take tests, my mind often goes blank. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Where to Find Help

If you answered **Yes** to any questions in the Time or Concentration sections, see pages 8 and 9 for help with time management.

If you answered **No** to either question in the Reading section, see page 8 for help with reading skills.

If you answered **Yes** to the questions in the Taking Tests section, see page 10 for test taking strategies.

Use News To Build Skills

Learning standard: employing multiple strategies to construct meaning

Imagine that you were going to be tested on the information on the front page of your newspaper. Write out a plan of attack for studying that material. What would you do first? Would you read? Would you skim? Would you take notes or draw diagrams? Write your plan and talk about it with your class.

CREDITS

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