

A Workout for your Brain

Learning and studying are skills. As with all skills, learning and studying can be practiced and improved so that you'll enjoy more success. You 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.

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.

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. Yes No
2. I study only the night before a test. Yes No
3. I don't have enough time to study and to see my friends as much as I want. Yes No

Concentrating

4. I study with music or the television on. Yes No
5. I get tired and distracted when I study for a long time. Yes No
6. I often daydream in school. Yes No
7. I fall asleep in school. Yes No

Reading

8. I often remember what I just read. Yes No
9. I change my reading speed depending on the kind of material I'm reading. Yes No

Taking Tests

10. I cram the night before the test. Yes No
11. I study enough, but when I take tests, my mind often goes blank. Yes No



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