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.studying in concentrate to how about Worksheet الملف

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[Worksheeth about Understanding the audio about how to concentrate in studying.](#)

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Listen to the school assembly about how to study and do the exercises to practise and improve your listening skills.

1. Preparation: grouping

Do this exercise before you listen. Put the study ideas in the correct group.

a. Just read your notes, but don't highlight them or write anything extra

b. Think long term

c. Make a study timetable

d. Take regular breaks

e. Answer email, text messages and Facebook messages immediately

f. Work where there are distracting noises

Good study habits

Bad study habits

2. Check your understanding: true or false

Circle *True* or *False* for these sentences.

- | | | | |
|----|--|----------------------------|-----------------------------|
| 1. | The students will be taking exams soon. | <input type="radio"/> True | <input type="radio"/> False |
| 2. | A revision timetable could be from one to six weeks. | <input type="radio"/> True | <input type="radio"/> False |
| 3. | No one can really concentrate properly with music on. | <input type="radio"/> True | <input type="radio"/> False |
| 4. | You should try to forget about the internet, text messages, Twitter, Facebook, etc. while you're studying. | <input type="radio"/> True | <input type="radio"/> False |
| 5. | You should try not to have a break until you really need one. | <input type="radio"/> True | <input type="radio"/> False |
| 6. | Underlining or highlighting your notes is better than writing more notes. | <input type="radio"/> True | <input type="radio"/> False |
| 7. | Mind maps are good because they mirror the way the brain works. | <input type="radio"/> True | <input type="radio"/> False |
| 8. | The most important thing is to remember the information. You don't have to understand it. | <input type="radio"/> True | <input type="radio"/> False |

3. Check your understanding: gap fill

Complete the gaps with a word or phrase.

1. Some of you are probably fantastic at studying, really organised and
2. It's a good idea to have some kind of or .
3. If you're studying for an important exam, it's important to think .
4. Make sure the place where you're going to study is , with no distracting .
5. If you have to work near a TV, you might have to use to drown out the sound of the TV.
6. While you're studying, you should the internet, text message, Facebook, etc.
7. You should plan your studying and take regular .
8. It is better to write notes, so your mind is the information more.
9. Mind maps seem to work in the same way the works.
10. Which study method you choose all depends on your personal .

Are you good at studying?

What distracts you?

What do you do to help you concentrate?