



ACReS
Academic Career and Readiness Skills

**Degrees Open Doors
to Success**

Unit

6



National PASS Center
Genesee Migrant Center
3 Mt. Morris-Leicester Road
Leicester, NY 14418
(585) 658-7960
(585) 658-7969 (fax)
www.migrant.net/pass

Authors: Kate Warner
Linda Shanks
Sally Fox
Valerie Putney

Editor: Sally Fox

Proofer: Donna Katter

Formatting: Eva McKendry
Kate Warner

Graphics: Eva McKendry
Kate Warner
Linda Shanks
Sally Fox
Valerie Putney

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Study Skills and Test Strategies

Words to know:

- ✓ learning style
- ✓ study skills
- ✓ test strategies
- ✓ learning environment


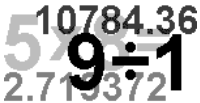


Every person has a learning style. Your learning style is a combination of:





- the way you like to learn
- the surroundings you like to learn in
- your personality

Each human being has ways of understanding and learning new information. Each person prefers certain ways over others. The more you know about how you learn, the more you will succeed in school and in life.

Dr. Howard Gardner is a professor with the Harvard University School of Education. He visited and studied cultures around the world. He developed a theory based on what he found. Gardner's theory says: All people use the same eight, basic abilities to understand and learn. The strength of each ability varies from person to person. The eight basic abilities and their descriptions follow. Read about them.

Think about which ones are your strengths. Which ones are the ones you use the most to learn?

Ability	Activities That Are Enjoyed / Done Well	Preferred Subject Areas	This Person Might Say . . .
<p>Word person</p> 	<ul style="list-style-type: none"> — reading — writing — remembering details seen or heard 	<ul style="list-style-type: none"> — English — literature — history 	<p><i>I love to read!</i></p>
<p>Number person</p> 	<ul style="list-style-type: none"> — working with numbers — critical thinking — recognizing patterns — putting things in order — organizing 	<ul style="list-style-type: none"> — math — science 	<p><i>I like numbers.</i> <i>I make lists and try to follow them.</i></p>
<p>Movement person</p> 	<ul style="list-style-type: none"> — moving and doing when learning — making things — being active — doing projects 	<ul style="list-style-type: none"> — physical education — technology — art 	<p><i>I like being active.</i> <i>I like to do different things in different ways.</i></p>
<p>Music person</p> 	<ul style="list-style-type: none"> — responding to and remembering sound, rhythm, and tones — learning things by relating them to music — recognizing patterns — creating melodies 	<ul style="list-style-type: none"> — music — dance — poetry — math 	<p><i>I connect music to situations and events in my life.</i> <i>I have songs in my head all the time.</i></p>

Ability	Activities That Are Enjoyed / Done Well	Preferred Subject Areas	This Person Might Say . . .
<p>Picture person</p> 	<ul style="list-style-type: none"> — remembering images and pictures well — imagining — designing — creating three-dimensional pictures in the mind and moving them around — drawing 	<ul style="list-style-type: none"> — the Arts — photography — engineering 	<p><i>I see pictures and images clearly in my mind.</i></p>
<p>Inner self person</p> 	<ul style="list-style-type: none"> — thinking/analyzing the self — observing things — asking why — thinking long and carefully to answer a question or to solve a problem 	<ul style="list-style-type: none"> — psychology — engineering — arts 	<p><i>I like being alone. I am comfortable thinking about things alone.</i></p>
<p>Social person</p> 	<ul style="list-style-type: none"> — talking with and learning with others — understanding — sympathy — group work/cooperation — leadership 	<ul style="list-style-type: none"> — sociology — business — travel and hospitality industry (resorts, hotels, theme parks, etc.) 	<p><i>I work better and learn more in a group.</i></p>
<p>Nature person</p> 	<ul style="list-style-type: none"> — being outdoors — fitting in with the environment and nature — following animal tracks — identifying plants in fields and woods 	<ul style="list-style-type: none"> — forestry/environmental science 	<p><i>I enjoy the sights, sounds, and smells of nature. I like camping.</i></p>

1. What abilities from the previous chart seem to be your strongest? Which ones describe you?

People also use their eyes and ears when they learn. Some people need to see and hear information in order to remember it. Others need only hear it. Still others only need to see things in order to remember them.

2. What about you? If you're not sure, think about these two situations. You are talking with someone on the phone. You are given information. Do you have to write it down to remember it? When you are reading, do you "hear" the words in your head?

Check one: _____ I need to hear and see to remember.

_____ I need only to hear something in order to remember it.

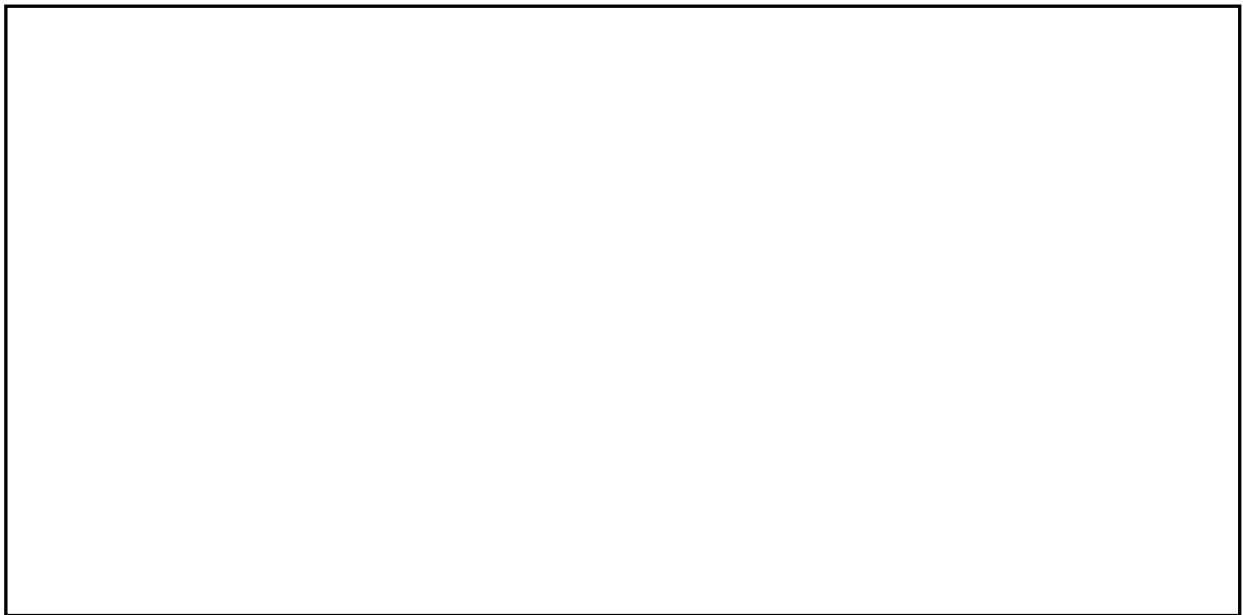
_____ I need only to see something in order to remember it.

Your Study Environment

Think about these situations: It is the night before a test or a project is due in school. What kind of study and work environment works best for you? Answer the following questions to find out.

3. a. Are you alone or working with a friend or friends? _____
- b. Are you working at a table, on your bed, on a couch, or on a comfortable chair? _____
- c. Is it quiet or are you listening to music or watching TV at the same time? _____
- d. Do you have many lights on or just enough so that you can see what you're doing? _____
- e. Is it cool, warm, or hot in the room? _____
- f. Is it afternoon, evening (before dark), or night time? _____
- g. Is there food near you, in case you get hungry, or doesn't it matter? _____

Make a picture of your preferred work environment based on the answers above.



These are the surroundings in which you prefer to work. If you work in an environment you like, you will produce good work. Aim for your preferred environment when you do school work. It will help you do your best.

Use what you have learned about yourself in the previous pages. Knowing how you learn best is powerful knowledge. Apply it to your future in school and throughout your life. Human beings are learning all the time, whether they realize it or not.

Study Skills

Good study skills will help you succeed in school. You need them to learn and understand. They help you to complete assignments and do well on tests. Good study skills involve planning and thought. Here are some tips:

- Set aside a time to study and review every day, if you can. It is best to study when you are not tired.
- Choose the time and place that works best for you.
- Start with tasks that you like or are easy.
- Take breaks when you need to.
- Make the most of your study time. Keep working as long as you can.
- Do your homework every day and hand it in on time.

Studying for Tests

Studying for a test includes all of the skills and more.

- Note the day and time of the test on a calendar or agenda.
- Know what topics the test will cover.
- Review each day. Reviewing will put the information in your memory.
- Do not wait until the night before a test to start reviewing everything. Trying to learn everything in a few hours will not help you. The information will not stay in your brain.
- Use index cards or study card to help memorize words, facts, lists, and terms.
- Use rhymes, little songs, or acronyms to help remember things. For example, you might use **M V E M J S U N** to remember the order of the planets in our solar system: **Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune.**
- Long tests like the PSAT, SAT, or ACT require practice. You can find practice materials in bookstores and online. Two recommended Internet sites are www.collegeboard.org and www.review.com.

Get a good night's sleep the night before a test. Eat a good breakfast in the morning. Your mind will work better.

Taking a Test

Tests make everyone nervous. Try to stay calm. **Always start every test by reading the directions.**

If you don't know the answers to the first few questions, DO NOT PANIC! It may take a few minutes for your brain to get going. Take a few deep breaths and continue. Put a mark next to any questions you are not sure of. You can go back to them later. Here are some tips about different kinds of test questions.

Multiple choice:

- (1) Read the question.
- (2) Try to think of the answer BEFORE you read the choices. Usually, the first answer that comes to you is the correct one.
- (3) Cross out any choices you know are wrong.
- (4) If two choices are alike, one of them is probably the correct answer.
- (5) Or, if two choices are opposite, one of them is probably the correct answer.
- (6) If you have no idea what the correct answer is, choose the longest answer or one of the middle choices.

Matching and fill-in-the-blank:

- (1) Check each match. Make the term and match you have chosen into a statement. Is that statement true?
- (2) Read the sentence you have completed by filling in the blank. Is it a true statement?

True/false:

- (1) Read the statement.
- (2) Words like always, never, every, seldom, all, and none usually mean a false statement.
- (3) Words like usually, often, sometimes, most, and many mean a true statement.
- (4) Remember: For a statement to be true, every part of it must be true.

If you have time, go back and check your answers – all of them. You may have made a reading mistake. You might have thought one answer, but written another. Always use **all** the time allowed for a test.

Essay questions:

Essay questions require extra care in reading and thinking.

- (1) Read the directions carefully. Make sure you know what the task is.
- (2) Follow the directions when writing your essay.
- (3) Read over your essay for errors in spelling, punctuation, and grammar. Make corrections by erasing or crossing out with one line.
- (4) Read your essay for information. Make sure you have answered the question. Your sentences and thoughts should be complete. They should make sense.
- (5) Your finished essay should be clean-looking and easy to read.

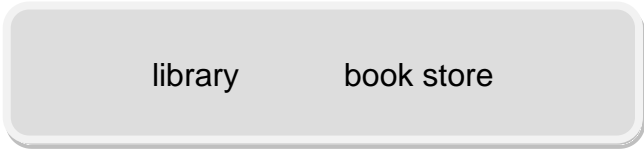
Use the strategies from the previous pages to answer the following questions.

- _____ 4. The countries of North America include Canada, the United States, and
- a. Brazil
 - b. Mexico
 - c. Russia
 - d. China
- _____ 5. True or false? The temperature at the equator is always above 100°F.

Matching

- | | |
|------------------------------|---------------------------------------------|
| _____ 6. four | a. these revolve around the sun |
| _____ 7. planets | b. the number of feet a quadruped has |
| _____ 8. Monarch butterflies | c. these insects migrate south every winter |

Use the word bank to complete the following statements.



9. A _____ sells books.
10. You can borrow books at a _____.

☞ End of Unit 6 ☛