



Reading activity

Read the paragraph and then answer the questions.

Effective study habits are critical for academic success, as they provide the framework for students to learn efficiently and effectively. Good study habits help students to stay organized and focused, ensuring that they are making the most of their study time. By setting aside regular study periods and sticking to a schedule, students can avoid the last-minute cramming that can lead to stress and poor performance. Additionally, good study habits involve active learning techniques such as note-taking, summarizing key points, and reviewing material frequently. By engaging with the material in these ways, students can better understand and retain the information, leading to better performance on exams and assignments.

1-Good study habits help _____ for academic success.
to student to stay

2-Effective study habits are critical _____ organized and focus.

3- Good study habits involve _____ understand and retain the
Information.

4- By engaging with the material _____ active learning techniques.
students can



Listening activity



Direction: Listen carefully to the following audio. Then, fill in the blanks with the correct definition of study habits in the box.

Take breaks

Reward yourself

ask for help

Find a good place to study

Minimize distractions

Finding a good location to study is one of the most important elements of studying well.

There are many types of distractions that can reach you no matter where you choose to work.

Research shows that working for around 50 minutes, then giving yourself a 15- to 20-minute break, can lead to optimum productivity.

Small rewards can be a candy bar, a hot drink can be good motivation to get to your goal.

Somebody who is able to walk through the issue with you might provide the fresh explanation you need.