

LISTENING & COMPREHENSION PRACTICE

Carefully listen to the audio to complete the lecture. The missing words are in the text boxes.

improvement - of - concentrating - know - imagine - far away - organized - right - ve
studying - fantastic - good - study - what's - at - there's - tips - for - probably - about -
your -

Good morning! Today I'm going to talk _____ how to _____. Now, you
_____ think you _____ all about that _____? You' _____ been studying
_____ years and I _____ some _____ you are _____ at studying. Really
_____ and _____ at _____ but _____ always room for
_____ and _____ exams aren't _____ so these _____ are for
all of you. Right, so _____ the best way to _____?

may - plan - First of all - environment - revision - you're - timetable - have - rethink -
better - comfortable - exam - distracting - important - week - revise - long term -
experiment - months - true - where - enough

Well, _____ it is good to _____ some kind of _____ or _____
these could be for the _____ or a longer _____ timetable or for an
_____ from one month to six _____. Yes, if _____ studying for an
_____ exam, it's important to think _____ draw up a timetable but
_____ it often. If it's not going as planned, you _____ have to _____ it.
Next, think about your _____ make sure the place _____ you're going to
study is _____ with _____ light, etc. Not too hot, not too cold. Make sure
there are no _____ noises around, such as television.
If you think you can concentrate _____ listening to music, _____ and see if
it's really _____.

music - kind - messages - spoils - headphones - won't - fine - background - have to -
drown - people - surprised - classical - ignore - immediately - without - better -

Some _____ really seem to work better with music on the _____ specially _____
music but for many people it _____ their concentration. However, if you _____
work _____ a TV, you might have to use _____ to play music to _____
out the sounds of a TV. In this case, find out what _____ of music works _____ for you.
Maybe something _____ words. By the way, you might think that you work
_____ with the TV on but again experiment. You might be _____ of how much
_____ you work away from a TV. Oh, and the other thing is the Internet; text
_____ Tweeter, Facebook, etc. Forget about all of that while you're studying. No,
really. You can _____ it for an hour or so.

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It _____ be the end of the world if you don't reply to a message ____ .

rush - effectively - underlined - be processing - recommend - careful - let's - adjust -
useful - minute - breaks - write - suggest - periods - mind - when - concentrated - later -
highlight - through - material - by the way -

Right, planning _____. Plan your study _____ in chunks, with regular breaks. Many people _____ half an hour of _____ study than a ten _____ break. But, you can _____ this to suit you. If you study for too long at a stretch your mind will work less _____. So be _____ in your short breaks you can find _____ a treat such as a cup of green tea I wouldn't _____ a chocolate bar as a treat, a sugar _____ is not great for concentration.

Ok so next _____ think about what you do _____ you're studying. Some people just read _____ the notes or text books and _____ in pencil or _____ important bits. If this works for you, fine. But I _____ that is better to _____ notes of some kind so your _____ is _____ the information more, this way you'll also be producing material which will be _____ for last minute revision. I don't recommend very last minute revision _____ but we'll come back to that _____.

further - mind maps - wouldn't - look - topic - summaries - connections - phrases -
remember - useful - brain - subcategories - memorable - mine - depends - information -
whether preferences - though

Have a _____ at these examples of student's notes. Which do you think are best? The first person has written important _____ at random. The next has a table with clear heading and boxes with notes. The next has _____ and the last one has _____. You've got the main _____ in the circle than lines coming off the circle to _____ than more line to _____ details. Mind maps are great for showing the _____ between different bits of _____. They seem to work in the same way the _____ works. So, what do you think? To me the first one _____ be very _____ to come back to in the future. But the others work fine. It _____ on your personal _____. _____ is the mind maps. I would suggest using colors _____ and even drawings. They can make things much more _____. Obviously, when you're studying, the first thing to think about is _____ you understand the information and the second thing is how you are going to _____ it.

Let's look at some other ways to make your studies more memorable . . .