

NMT Task 4 practice (2)

Read the text below. Choose from (A-H) the one which best fits each space (1-6). There two choices you don't need.

The best tips for studying

If you didn't do so well in your last exam and another one is approaching fast, don't worry, there's a way not to become a **dropout**. Far from (1) _____, the latest study hacks* have put forward a number of study techniques for those who think they've tried everything. For instance, twenty minutes of exercise before an exam is said to improve your brain's performance. This offers the ideal opportunity to get your body and marks in shape.

Another popular study hack is to read out loud instead of (2) _____. Apparently you are fifty percent more likely to remember what you have read because your mind will store both what it has seen and what it has heard. It might be wise to try this one out at home though. You don't want strangers to think that the pressure has become too intense and you've lost it!

Studying notes on a computer, laptop or tablet has become increasingly popular in recent years, but there are some guidelines that need to be followed in order to get the most out of this type of studying. All documents should be changed to a font which is easy to read on a screen. **Arial**, **Verdana** and **Calibri** are three such fonts (3) _____. Also, don't forget to download an application to block Internet usage for a certain period of time, or at least block some of the most distracting sites, especially social networking sites that ding with notifications every few minutes. The last thing (4) _____.

In the past, the ideal study environment was said to be the peace and quiet of your bedroom. Well, times have changed. An important component of modern study methods is the soundtrack that will accompany your material. Find a music genre that elevates your mood without distracting you. Strangely enough, classical music has become popular with students because of the steady rhythm and lack of lyrics. Vary the place that you choose to study as well. The mind will associate each location with the material that was learnt there, (5) _____.

So, you think you've done a pretty good job revising the material you were given? Time to prove it! Not only to yourself, but also to family or friends. Find an audience that you are comfortable with and try to teach them what you have revised. Welcome any questions and make a note of them (6) _____.

***hack = a clever solution to a tricky problem**

- A. that you want is to be interrupted in full flow
- B. because they might just come up in the exam
- C. that you need to learn a lesson by heart
- D. which will optimise your reading efficiency
- E. suggesting you walk away from your problems
- F. which will make it easier to recall when needed
- G. reading your study material to yourself
- H. because you do not get easily distracted when studying

