

Reading skill

Activity:

Read the following text about study habits to achieve better school performance and then analyze each one of them, then you must create a summary of what you learned while reading.

Study habits to achieve better results.

Set a schedule. As far as possible, always try to study in the same period of time. For example, you can study in the afternoons from 5:00 p.m. to 7:00 p.m. You can also use free moments to review, but it is recommended that the subject that requires more effort be focused on a specific time.

Create a study plan. Before you start studying, design a study plan, set the goals you want to achieve and organize the content you will study in the following days, weeks or months, as well as the time you will dedicate to each one.

Rest. In order for your brain to function properly, it is important to sleep well for 7-8 hours. During the study it is also recommended to take short breaks to disconnect and recover energy.

Study in a suitable space. Having a specific place with the right conditions to study will allow you to concentrate and perform better. It should be an orderly, quiet, well-lit and comfortable space.

Avoid distractions. When you are studying, it is preferable to minimize possible distractions, such as mobile notifications or the sound of the television.

Review regularly. Distribute study sessions over several days to progress gradually. In this way you will be able to better consolidate the learning by trying to remember and review what was previously studied. You can also review your notes at the end of each class to identify possible doubts to solve with your teachers or classmates.

Writing skill

Activity:

Write five sentences with five new study habits, these sentences will be five recommendations that you will recommend to one of your classmates that you can choose at random.