

Name: _____

Date: _____

Exam #1 (Chapters 1-3)

Matching

Match the following learning styles with the correct description below.

- | | |
|--------------------------|--------------------------|
| A. Visual learner | D. Interpersonal learner |
| B. Intrapersonal learner | E. Auditory learner |
| C. Kinesthetic learner | |

- ___ 1. I like to work alone and pursue my own interests. I am generally reserved and self-motivated.
- ___ 2. I rely on my hearing sense to learn best.
- ___ 3. I prefer to see information and read material to learn best.
- ___ 4. I learn best by doing hands-on activities.
- ___ 5. I talk to people and prefer to solve problems in a group. I am generally outgoing and sensitive to the needs of others.

Match each item with the correct statement below regarding the ABC Daily To-Do List.

- | | |
|-------------------------------|------------------|
| A. Brainstorm tasks | D. Evaluate |
| B. Rate each task by priority | E. Estimate time |
| C. Cross off tasks | |

- ___ 6. Mark out activities when you finish them. It's a relief and a visible reward for your diligence.
- ___ 7. List all the tasks you want to get done.
- ___ 8. At the end of the day, look at your list and consider re-classifying some items or removing them altogether.
- ___ 9. Label each task A, B, or C, based on when you need to accomplish it.
- ___ 10. Consider how long it will take you to complete each task.

Match the following categories of techniques to improve memory with the correct description below.

- | | |
|----------------|-------------------|
| A. Recall it | C. Use your brain |
| B. Organize it | D. Use your body |

- ___ 11. Includes engage your emotions, overlearn, be aware of attitudes, and keep your brain fit for life.
- ___ 12. Includes be selective, make it meaningful, and create associations.
- ___ 13. Includes learn it once actively, relax, create pictures, recite and repeat, and write it down.
- ___ 14. Includes remember something else, notice when you do remember, use it before you lose it, and adopt the attitude that you never forget.

Multiple Choice

Identify the letter of the choice that best completes the statement or answers the question.

- ___ 15. The purpose of the Discovery Wheel in *Becoming a Master Student* is to:
- A. See if you will like college life.
 - B. Focus on your negative learning habits.
 - C. Provide a picture of how you see yourself as a student.
 - D. Test you on your ability to follow directions.
- ___ 16. Characteristics of a master student *include* one who is:
- A. Willing to take responsibility for everything in her life.
 - B. Unable to suspend judgment.
 - C. Cautious about change.
 - D. Highly concerned with grades.
- ___ 17. The VAK system:
- A. Is a method for CPR.
 - B. Is one method used to approach the topic of learning styles.
 - C. Is the only recognized learning style inventory.
 - D. Is seen in outgoing people.
- ___ 18. Students who ask *why* they are learning things, who seek a purpose for information and a personal connection to the content are what mode of learner?
- A. Mode 1
 - B. Mode 2
 - C. Mode 3
 - D. Mode 4
- ___ 19. Students who want to apply and test theories and models, who investigate *how* ideas and techniques work, and put into practice what they learn are what mode of learner?
- A. Mode 1
 - B. Mode 2
 - C. Mode 3
 - D. Mode 4
- ___ 20. College graduates earn an average of well over ___ more in a lifetime than do high school graduates.
- A. \$100,000
 - B. \$500,000
 - C. \$40,000
 - D. \$800,000
- ___ 21. Time is an equal opportunity resource because:
- A. Time can be saved up and stockpiled.
 - B. When you are out of time, you can find more.
 - C. Everyone has the same amount of time to spend each week (168 hours).
 - D. Time is a renewable resource.
- ___ 22. The goals you want to accomplish during your lifetime are your ____.
- A. immediate goals
 - B. short-term goals
 - C. midterm goals
 - D. long-term goals
- ___ 23. Ideally, you should study for ____ hour(s) for every one hour of class time.
- A. 1
 - B. 2
 - C. 3
 - D. 4

- _____ 24. Effective time-management skills include:
- | | |
|---|---|
| A. Scheduling random times for sleeping and eating. | C. Studying 10 minutes for every hour of class. |
| B. Scheduling “holes” in your schedule to allow for the unexpected. | D. Filling every minute of your time with scheduled activities. |
- _____ 25. One way to get the most out of your time when studying is to:
- | | |
|---------------------------------|---|
| A. Use a regular study area. | C. Work on several subjects simultaneously. |
| B. Study simple subjects first. | D. Only study in the mornings. |
- _____ 26. To create money for the future, you should aim to save at least _____% of your monthly take-home pay.
- | | |
|-------|-------|
| A. 20 | C. 30 |
| B. 5 | D. 10 |
- _____ 27. Which of the following is the best example of information stored in short-term memory?
- | | |
|-----------------------|---------------------------|
| A. Your birthday | C. The color of your hair |
| B. Your mother’s name | D. Yesterday’s date |
- _____ 28. A useful memory technique would be to:
- | | |
|--|---|
| A. Study a subject for as long as you can before taking a break. | C. Know the material just well enough to pass the test. |
| B. Create associations and pictures. | D. Don’t write anything down. |
- _____ 29. An example of an acronym (one type of mnemonic device) would be the following:
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| A. The loci system | C. The peg system |
| B. The word “NASA” for National Aeronautics and Space Administration | D. Take your memory out of the closet |
- _____ 30. Generally, we can recall only _____% of the materials we have just read if we don’t review it.
- | | |
|-------|-------|
| A. 50 | C. 20 |
| B. 10 | D. 60 |
- _____ 31. To remember names better, you can:
- | | |
|-------------------------|--------------------------------------|
| A. Admit you don’t know | C. Recite and repeat in conversation |
| B. Ask for photos | D. All of the above |
- _____ 32. Memory is:
- | | |
|---|--------------------------|
| A. Like a closet or some warehouse of memories. | C. A process. |
| B. Something you can’t improve. | D. Dependent on your IQ. |

Short Answer

Write 1-2 **fully detailed paragraphs** in response to **EACH** of the following questions.(worth 12 points each)

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| A. Provide four examples of the benefits of getting an education beyond high school. |
| B. Describe four strategies for overcoming procrastination. |
| C. Describe four of the most useful memory techniques you gained from the textbook. |