



Name:

Group:

First-Term Exam in Study Skills

Task 01 (7.50 pts)

For each of the following goals, determine if it is a SMART goal (within the context of your studies in this department): If the goal is SMART: Tick (✓) the "SMART" box. If the goal is NOT SMART: Tick (✓) the "Not SMART" box and **mention** the **specific quality** (of "SMART") that is missing.

| Goal | SMART | NOT SMART | Missing Quality |
|---|-------------|--------------|---------------------|
| I will develop better study skills for my English modules by organizing my notes and revising regularly until the final exams in the second semester. | | ✓ 0.25pts | Specific 0.75pts |
| I will improve my written expression by increasing my score from 11/20 to at least 14/20 by the end of the next semester by writing one practice paragraph per week and getting feedback from my teacher. | ✓ 0.5pts | | |
| I will improve my understanding of British political and social institutions by reading the required civilisation chapters every week until the final exam. | | ✓ | Measurable |
| I will memorize 50 advanced business-related vocabulary words and test myself weekly to score 90% by the end of the month. | | ✓ | Relevant |
| I will master phonetic transcription by correctly transcribing at least 200 words per week and achieving 100% accuracy on phonetics quizzes by the final exam in the second semester. | | ✓ | Achievable |
| I will improve my listening skills in phonetics by practicing with one recorded lecture each week and identifying sounds accurately. | | ✓ | Time-bound |
| I will do better in my studies by studying for two hours every day until the end of the semester. | | ✓ | Specific |
| I will practice speaking English by spending 30 minutes on oral practice sessions and participating in class discussions to improve my fluency. | | ✓ | Time-bound |

Task 02 (06 pts - 1pts each)

For each scenario below, decide which learning style(s) best describes the student.

- Sally always uses colour-coded notes, draws timelines and diagrams, and prefers watching documentaries instead of listening to long explanations. When she studies civilisation, she rewrites her notes using charts and mind maps. Sally is a **visual learner**.

2. Ziyad is very good at organizing information, spotting patterns, and making connections between ideas. He also prefers using structured notes, tables, and diagrams to understand complex linguistics concepts. Ziyad is a **logical and visual learner**. (0.5pts each)
 3. Amir understands lectures best when he hears explanations. He often records classes, listens to them again while revising, and remembers information better when he discusses it out loud with classmates. Amir is an **auditory/aural learner**.
 4. Farah hates sitting still for long periods. She learns best when she is actively involved, such as doing role-plays, hands-on activities, or moving around while studying. In phonetics, she improves when she physically practices sounds rather than reading about them. Farah is a **physical/kinaesthetic learner**.
 5. Zayn enjoys studying in a quiet place. He prefers to plan his study sessions, reflect on his progress, and solve problems by himself before asking for help. He often keeps a personal study journal. Zayn is a **solitary learner**.
 6. Nour loves group work and discussions. She learns a lot when she can exchange ideas, explain lessons to her classmates, and work on projects together. At the same time, she also enjoys speaking and writing to express her ideas clearly. Nour is a **social and verbal learner**. (0.5pts each)
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Task 03 (4.5 pts - 0.75pts each)

Fill in the blanks with the appropriate term(s).

1. Yazan uses the **Pomodoro technique** by studying for 25 minutes with full focus, then taking a short break before starting the next study session.
 2. By using **spaced repetition**, Malak reviews vocabulary and grammar at increasing intervals over several days to improve long-term memory.
 3. When Lina keeps delaying assignments and chooses to scroll on their phone instead of studying, she is engaging in **procrastination**.
 4. Layla uses **time blocking** by assigning specific hours of the day to different tasks, while Ikram does **batching**, which involves grouping similar tasks together and completing them in one focused session.
 5. Bassem demonstrates **critical thinking** by analysing arguments, questioning sources, and evaluating evidence instead of memorising information blindly.
 6. Through **interactive studying**, Yanis actively engages with course materials by summarising lessons, asking questions, and quizzing himself to check understanding.
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Task 04 (2 pts - 0.5pts each)

Decide if the following statements are true or false (no justification needed).

1. Problem-solving strategies only involve memorising solutions rather than breaking problems into smaller steps or using logical reasoning. (False)
2. An effective study environment should minimise distractions and promote focus in order to support better learning. (True)
3. Resource utilisation refers to relying only on personal notes and avoiding external academic support such as libraries or study groups. (False)
4. Self-assessment involves reflecting on one's strengths and weaknesses as a learner and adjusting study habits accordingly. (True)



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| Goal | SMART | NOT SMART | Missing Quality |
|---|-------------|--------------|---------------------|
| I will master phonetic transcription by correctly transcribing at least 200 words per week and achieving 100% accuracy on phonetics quizzes by the final exam in the second semester. | | ✓ | Achievable |
| I will practice speaking English by spending 30 minutes on oral practice sessions and participating in class discussions to improve my fluency. | | ✓ | Time-bound |
| I will do better in my studies by studying for two hours every day until the end of the semester. | | ✓ | Specific |
| I will improve my understanding of British political and social institutions by reading the required civilisation chapters every week until the final exam. | | ✓ | Measurable |
| I will develop better study skills for my English modules by organizing my notes and revising regularly until the final exams in the second semester. | | ✓ 0.25pts | Specific 0.75pts |
| I will improve my listening skills in phonetics by practicing with one recorded lecture each week and identifying sounds accurately. | | ✓ | Time-bound |
| I will memorize 50 advanced business-related vocabulary words and test myself weekly to score 90% by the end of the month. | | ✓ | Relevant |
| I will improve my written expression by increasing my score from 11/20 to at least 14/20 by the end of the next semester by writing one practice paragraph per week and getting feedback from my teacher. | ✓ 0.5pts | | |

Task 02 (06 pts)

For each scenario below, decide which learning style(s) best describes the student.

- Sally enjoys studying in a quiet place. She prefers to plan his study sessions, reflect on his progress, and solve problems by himself before asking for help. She often keeps a personal study journal. Sally is a **solitary learner**.

2. Ziyad understands lectures best when he hears explanations. He often records classes, listens to them again while revising, and remembers information better when he discusses it out loud with classmates. Ziyad is an **auditory/aural learner**..
 3. Amir is very good at organizing information, spotting patterns, and making connections between ideas. He also prefers using structured notes, tables, and diagrams to understand complex linguistics concepts. Amir is a **logical and visual learner**..
 4. Farah loves group work and discussions. She learns a lot when she can exchange ideas, explain lessons to her classmates, and work on projects together. At the same time, she also enjoys speaking and writing to express her ideas clearly. Nour is a **a social and verbal learner**.
 5. Zayn hates sitting still for long periods. She learns best when she is actively involved, such as doing role-plays, hands-on activities, or moving around while studying. In phonetics, she improves when she physically practices sounds rather than reading about them. Farah is a **physical/kinaesthetic learner**.
 6. Nour always uses colour-coded notes, draws timelines and diagrams, and prefers watching documentaries instead of listening to long explanations. When she studies civilisation, she rewrites her notes using charts and mind maps. Sally is a **visual learner**..
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Task 03 (4.5 pts)

Fill in the blanks with the appropriate term(s).

1. By using **spaced repetition**, Yazan reviews vocabulary and grammar at increasing intervals over several days to improve long-term memory.
 2. Malak uses the **Pomodoro technique** by studying for 25 minutes with full focus, then taking a short break before starting the next study session.
 3. Ikram uses **time blocking** by assigning specific hours of the day to different tasks, while Lina does **batching**, which involves grouping similar tasks together and completing them in one focused session.
 4. Through **interactive studying**, Layla actively engages with course materials by summarising lessons, asking questions, and quizzing herself to check understanding.
 5. When Bassem keeps delaying assignments and chooses to scroll on his phone instead of studying, he is engaging in **procrastination**.
 6. Yanis demonstrates **critical thinking** by analysing arguments, questioning sources, and evaluating evidence instead of memorising information blindly.
-

Task 04 (2 pts)

Decide if the following statements are true or false (no justification needed).

1. An effective study environment should minimise distractions and promote focus in order to support better learning. **(True)**
2. Self-assessment involves reflecting on one's strengths and weaknesses as a learner and adjusting study habits accordingly. **(True)**
3. Problem-solving strategies only involve memorising solutions rather than breaking problems into smaller steps or using logical reasoning. **(False)**
4. Resource utilisation refers to relying only on personal notes and avoiding external academic support such as libraries or study groups. **(False)**