

Chapter 01 Study Skills: Laying the Foundation

True / False

1. Studying for two hours at a time is the most efficient method of learning material.

- a. True
- b. False

ANSWER: True

2. An active reader is able to read material relatively quickly, but will not comprehend much of it.

- a. True
- b. False

ANSWER: True

3. The cognitive educational domain establishes your knowledge and your ability to apply it to your chosen area of study.

- a. True
- b. False

ANSWER: True

Multiple Choice

4. Which time frame and method for studying and learning is most efficient?

- a. three hours per night with no breaks
- b. two hours per night with no breaks
- c. six one-hour sessions with five minute breaks between sessions
- d. three 30-minute sessions with 10 minute breaks between sessions

ANSWER: a, b, c, d

5. When is the best time to study?

- a. right after you wake up
- b. before eating a morning meal
- c. whenever you feel most alert
- d. after eating an evening meal

ANSWER: a, b, c, d

6. Getting tired almost immediately after attempting to study in bed is an example of which kind of psychological process?

- a. operant conditioning
- b. classical conditioning
- c. cognitive dissonance
- d. cognitive disassociation

ANSWER: a, b, c, d

7. Which term is synonymous with classroom behavior?

- a. classroom etiquette
- b. classroom achievement
- c. cognitive assimilation
- d. cognitive mapping

ANSWER: a, b, c, d

8. What is the main purpose of taking notes?

- a. to get key points from textbooks and lectures
- b. to highlight what the lecturer thinks is important
- c. to make lengthy summaries of textbooks
- d. to enhance short-term memory

ANSWER: a, b, c, d

9. Which method is best to incorporate while studying a chapter of your text?

- a. highlighting
- b. outlining
- c. copying
- d. skimming

ANSWER: a, b, c, d

10. A passive reader ____.

- a. vividly uses imagination while reading
- b. automatically makes cognitive associations while reading
- c. reads material quickly but inefficiently
- d. reads deliberately and retains most of the material

ANSWER: a, b, c, d

11. Which type of reader tends to be most efficient with time when studying and learning?

- a. affective reader
- b. sensory reader
- c. passive reader
- d. active reader

ANSWER: a, b, c, d

12. ____ and taking notes while reading are very effective reading techniques.

- a. Outlining
- b. Skimming
- c. Multitasking
- d. Surfing

ANSWER: a, b, c, d

13. Which part of the classroom is best for sitting and learning due to fewer personal and electronic distractions?

- a. near the back
- b. near the front
- c. side closest to the windows
- d. side closest to the door

ANSWER: a, b, c, d

14. How many different and unique learning domains are there?

- a. five
- b. four
- c. three
- d. two

ANSWER: a, b, c, d

15. Which educational domain involves assessing, teaching, and learning theories and facts?

- a. affective
- b. psychomotor
- c. sensory
- d. cognitive

ANSWER: a, b, c, d

16. Which educational domain begins with learning definitions and recognizing information?

- a. affective
- b. psychomotor
- c. sensory
- d. cognitive

ANSWER: a, b, c, d

17. Performing CPR on a patient is an example (primarily) of what educational domain?

- a. affective
- b. psychomotor
- c. sensory
- d. cognitive

ANSWER: a, b, c, d

18. Which educational domain focuses on assessing and developing professional attitudes and behaviors?

- a. affective
- b. psychomotor
- c. sensory

d. cognitive

ANSWER: a, b, c, d

19. Which educational domain involves acquisition of “soft skills” and attainment of higher emotional intelligence (EQ)?

a. affective

b. psychomotor

c. sensory

d. cognitive

ANSWER: a, b, c, d

20. What is the correct sequence of the three A’s of affective teaching/learning?

a. acquisition, application, and action plan

b. assessment, action plan, and acknowledgement

c. assessment, awareness, and action plan

d. awareness, acknowledgement, and acquisition

ANSWER: a, b, c, d

21. Which type of thinking involves gathering and analyzing information in order to solve problems or create new opportunities?

a. critical thinking

b. sensory thinking

c. discrete thinking

d. lateral thinking

ANSWER: a, b, c, d

22. Which type of mnemonic is a word made from the first letters of other words?

a. metaphor

b. synonym

c. antonym

d. acronym

ANSWER: a, b, c, d

23. Which type of examination consists solely of multiple choice and true/false questions?

a. open-ended

b. multimodal

c. objective

d. subjective

ANSWER: a, b, c, d

24. Which personality traits are particularly important for distance learning methods such as home schooling?

a. flexibility and risk-taking

b. self-discipline and self-motivation

- c. determination and attention-seeking
- d. curiosity and social awareness

ANSWER: a, b, c, d

Subjective Short Answer

25. List at least five helpful points relative to selecting a good time and place to study.

ANSWER: 1. Do not study in bed. 2. Choose a place that's quiet. 3. Choose a place that has good lighting. 4. Make sure the table or desk has only needed study tools on it. 5. Limit distractions in terms of background music or interaction with people

26. Describe the three different learning domains.

ANSWER: Three educational domains: 1. The cognitive domain is associated with learning facts and theories. 2. The psychomotor domain is associated with learning skills. 3. The affective domain is associated with developing professional attitudes and behaviors, emotional intelligence, or soft skills.