

HOW TO BE A SMART COOKIE

LEVEL A2/B1

WARM-UP

EX.1. What can you see in photos 1 & 2? Which photo presents a better environment for studying?



Ex.2. What conditions have to be fulfilled to study effectively? Make your own list.

1. _____
2. _____
3. _____
4. _____
5. _____

Ex.3. You will watch a short film providing 13 study tips. List them. Why are they important?

<https://www.youtube.com/watch?v=eVlvxHJdqI8>



1. _____
2. _____
3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

Ex. 4. Match the words with their meanings.

1. a brain
2. neurons
3. capacity
4. progress
5. (to) store information
6. (to) focus
7. (to) procrastinate
8. (to) shut down
9. a willpower
10. (to) be motivated
11. a potential
12. a memory
13. a clue
14. windowless
15. emotions
16. instant
17. (to) recall
18. (to) increase
19. (to) reflect
20. a deep memory
21. hunger

- a) siła woli
- b) skupić się
- c) pamięć
- d) głód
- e) zamknąć coś
- f) potencjał
- g) przechowywać informacje
- h) być zmotywowanym
- i) ociągać się ze zrobieniem czegoś
- j) głęboka pamięć
- k) pojemność
- l) postęp
- m) neurony
- n) zwiększać coś
- o) mózg
- p) wskazówka, podpowiedź
- q) emocje
- r) przypomnieć sobie
- s) bez okien
- t) natychmiastowy
- u) zastanawiać się

Ex.5. Fill in the sentences using vocabulary from Ex.3.

1. Sara can't think of anything smart. She should use her _____ .
2. If I study more, I will make a big _____ .
3. A lot of people have a tendency to _____ . They leave their work and studies for later.
4. In order to find a solution to this problem my friend really needs to _____ .
5. Our teacher asked everybody _____ their laptops.
6. Amanda doesn't like _____ rooms. She says she can't concentrate in them.
7. Alan asked me for advice but unfortunately I didn't have a _____ what to tell him.
8. When I don't feel _____ enough to study effectively, I know I just need to take a break.

Ex.6. Write 5 sentences using vocabulary from Ex.3. and Ex.4.

1. _____
2. _____
3. _____
4. _____
5. _____

**Ex.7.a. Read the text. The text was adapted from an article:
[oxfordlearning/how-to-study-effectively](https://www.oxfordlearning.com/how-to-study-effectively).**

How to Study Effectively

1. GET ORGANIZED

Carry a homework planner at all times. Entering homework, projects, tests and assignments as soon as they are assigned will make sure they aren't forgotten about.

2. PAY ATTENTION IN CLASS

It's important to concentrate and avoid distractions when the teacher is speaking. Practice active listening by concentrating on what's being said and taking notes in your own words. This will help make sure you hear (and understand) what is being taught in class.

3. STEER CLEAR OF DISTRACTIONS

Distractions are everywhere—from cell phones to social media to friends. Be aware of what distracts you in class and know how to steer clear of these distractions. Avoid sitting next to friends if you know they will distract you.

Turning off your cell phone will also help make sure you are paying attention to your teacher.

4. MAKE SURE NOTES ARE COMPLETE

Writing clear and complete notes in class will help you process the information you are learning. These notes will also become study notes that can be reviewed before a test. Talk to friends or the teacher if you have missed a class to ensure your notes are complete.

5. ASK QUESTIONS IF YOU DON'T UNDERSTAND

Raise your hand and ask questions if you don't understand something. If you don't feel comfortable asking in front of everyone, write yourself a reminder to talk to the teacher after class.

6. MAKE A STUDY SCHEDULE/PLAN

When making a study schedule, look at your planner and think about what needs to be accomplished. Think about the types of questions that will be on the test and the topics that will be covered so you know what you should focus on. Set specific goals for each study session, like how many topics you will cover by the end of the session.

7. REVIEW NOTES FROM CLASS EVERY EVENING

After school, review and expand on the notes from class. Reviewing notes helps move material learned from short-term memory into long-term memory, which will help next time you have a big test.

8. TALK TO TEACHERS

Teachers are there to help you do your best. Talk to your teacher and ask for clarification or extra help if you need it before your test. Taking the initiative to ask for help goes a long way with teachers!

9. DESIGNATE A STUDY AREA

The best study spot is one that is quiet, well-lit, and in a low-traffic area. Make sure there is a clear workspace to study and write on. Everyone's needs are different, so it is important you find a spot that works for you.

10. STUDY IN SHORT BURSTS

For every 30 minutes you study, take a short 10-15 minute break to recharge. Short study sessions are more effective and help you make the most of your study time. Find out more about taking a study break that works.

SIMPLIFY STUDY NOTES

Make studying less overwhelming by condensing notes from class. Underline or highlight key words. Create visual aids like charts, story webs, mind maps, or outlines to organize and simplify information and help you remember better.

11. STUDY WITH A GROUP

Working with classmates encourages an interactive environment to keep you engaged. This gives you a chance to test your knowledge with others, quiz each other on the content, and help boost each other's confidence.

Ex.7.b. Answer the questions.

1. How can you make sure that you won't forget about any of your assignments or projects?
2. How can you focus better on what is said in a classroom?
3. What should your notes look like?
4. What should you do if you don't understand something?
5. How often should you review your notes?
6. What should a place where you study be like?
7. How long should your study session be?
8. What aids can you create to help yourself memorize new information?

