

- **Vary your activities.** Alternate between writing, reading, reviewing, and solving math problems.
- **Keep a distractions list.** As distracting thoughts enter your mind, jot them on a notepad. You may, for example, think of your mother's upcoming birthday as you're reading psychology. Writing it down will help you remember it and will eliminate the distraction.

EXERCISE 1-1**Applying Your Skills**

Directions: Rate each of the following statements from students as either helpful (H) or not helpful (NH) in building a positive attitude toward college and improving concentration. Then discuss how each of the statements marked NH could be changed to be more helpful.

- _____ 1. This assignment is taking forever! My sister won't turn down her loud music, and I can't find my dictionary or notebook.
- _____ 2. Whenever I imagine myself taking a test, I see myself getting nervous and my mind going blank.
- _____ 3. If I do this reading assignment really fast, I'll get to watch my favorite TV show.
- _____ 4. This assignment is more difficult than I expected. I'll start over and try highlighting it.
- _____ 5. I plan to become an elementary school physical education teacher, so college is important to me.
- _____ 6. This assignment is boring; I don't know why we have to read about World War I.
- _____ 7. I worked really hard and finished all of my assignments tonight. I think I'll celebrate by meeting Janie for Chinese food.
- _____ 8. This writer seems opposed to high-protein diets. I wonder if she'll give her reasons later in the reading.
- _____ 9. I read and reviewed the assignment twice, and I feel like I understand the material, so I should be able to pass the test on it.
- _____ 10. I am attending college because my parents want me to.

Essential Reading Skills 4th Edition Answers

SJ Ball



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