

1.0 WHAT DO I BELIEVE ABOUT THE LEARNING PROCESS?

Answer the following (circle your answer):

1. Intelligence is fixed – either you are good at learning or you are not. TRUE FALSE
2. An effective way to learn new material and study for a test is to pull an all-nighter. TRUE FALSE
3. If you have an important performance-based event (i.e. essay test, high stakes interview, speech), to quell your anxiety, you should:
 - a. Psyche yourself up by reminding yourself how important it is to do well.
 - b. Focus on trying to calm your physical reactions (like slowing down your pulse by deep breathing).
 - c. Set aside 10 minutes beforehand to write about your fears.
 - d. There really isn't a valid way to calm your nerves; you just have to do the best you can.
4. You are going on a mission trip to Mexico and need to learn some Spanish. To make sure the new vocabulary will stick you should:
 - a. Space out study sessions over several weeks.
 - b. Spend the time while traveling there to learn it so it is fresh in your brain.
5. Next week, you have to give big speech, so the best way to prepare is to:
 - a. Look over your notes 3-4 times.
 - b. Quiz yourself, trying to recall the material from memory.
 - c. Read out loud from your presentation outline.
6. You have just made the team of your favorite sport. The most effective way to improve is to:
 - a. Practice intensely for an hour each day.
 - b. Ask a person accomplished in the sport to point out your errors in key skills and help you fix them.
 - c. Play with others who don't play as good as you to build up your self-confidence.
7. The best amount of time to study, especially new and/or difficult material is, before taking a short break is:
 - a. 20-30 minutes
 - b. 1 hour
 - c. 2 hours
 - d. 3 hours



Note: Correct/best answers will be given at Boot Camp.