Answers to **How to study – exercises.**

1. Preparation: grouping

**Good study habits**
- b. Think long term
- c. Make a study timetable
- d. Take regular breaks

**Bad study habits**
- a. Just read your notes, but don’t highlight them or write anything extra
- e. Answer email, text messages and Facebook messages immediately
- f. Work where there are distracting noises

2. Check your understanding: true or false

1. True  
2. False  
3. False  
4. True  
5. False  
6. False  
7. True  
8. False

3. Check your understanding: gap fill

1. good at concentrating or able to concentrate
2. plan or timetable or schedule / plan or timetable or schedule
3. long term
4. comfortable / noises
5. headphones or earphones
6. ignore or forget about or not use or not look at
7. breaks
8. processing
9. brain
10. preference