

Full Name:..... Group:..... Mark:...../20

First Semester Exam

Activity 1: Write the appropriate term for the following definitions. (06pts)

- 1-A preferential way by which learners process information.
- 2-An image of the future that motivates present actions.
- 3-Positive and productive habitual practices students do in order to improve their academic achievement.
- 4-Postponing and delaying doing tasks.
- 5-Techniques and activities done for the aim of lowering a person's level of stress.
- 6- The process of organizing and planning how to divide time between specific activities.

Activity 2: Choose the right answer (a,b,c,d) to complete the following statements.

- 1-‘I will do well in my first term exams’ is
 - a- *An unattainable goal.*
 - b- *An unmeasurable goal.*
 - c- *A SMART goal.*
 - d- *An unrealistic goal.*
- 2- Prioritization refers to ordering tasks according to their
 - a- *Importance and urgency*
 - b- *Importance and benefit.*
 - c- *Importance.*
 - d- *None of the above.*
- 3- Using can be a good technique to store and retain information for auditory learners.
 - a- *Diagrams.*
 - b- *Mind maps.*
 - c- *Rhymes*
 - d- *Role-plays.*
- 4- Taking regular breaks while studying is
 - a- *Bad study habit.*
 - b- *Good study habit.*
 - c- *Kinaesthetic learning technique.*
 - d- *None of the above.*

Activity3: Mention four problems that student face due to poor time management. (04pts)

- 1-.....
- 2-.....
- 3-.....
- 4-.....

Activity 4: The following diagram represents different aspects of a university student life. How can a university student manage all these aspects without feeling overwhelmed?

(06pts)

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