

THE 21ST CENTURY STUDENT'S GUIDE TO

# STUDY SKILLS

For College & Career Readiness

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ASSESSMENT  
1-4

STUDENT  
WORKBOOK

ILLUSTRATIONS  
BY  
ZAPP!

## WHAT DID YOU LEARN IN CHAPTERS 1-4

Name: \_\_\_\_\_

1. Your brain is not a muscle, but it is like a muscle because: 1 PT \_\_\_\_

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2. Do you believe intelligence is a fixed and unalterable trait or a fluid and controllable trait? 1 PT \_\_\_\_  
What opinion does current research support?

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3. Based on what researchers at the University of London have discovered, what would you say to a student who claims that he or she cannot improve upon their IQ? 1 PT \_\_\_\_

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4. Why does a *metacognitive* student make a point of identifying their specific learning goals? 1 PT \_\_\_\_

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5. Study skills are not limited to studying for tests and quizzes. Where else do they apply? 1 PT \_\_\_\_

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6. List three characteristics, traits or attitudes that successful students and successful athletes have in common: 3 PTS \_\_\_\_

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## WHAT DID YOU LEARN IN CHAPTERS 1-4

7. From 5 ("I'm a heavy lifter every day of the week") to 1 ("I am a mental wimp") how would you rate your overall effort level to learn and achieve in school? Tell two ways you will increase your effort level. 2 PTS \_\_\_\_

5      4      3      2      1

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8. *Learning is the acquisition, retention, and ability to successfully demonstrate knowledge.* How might you be asked to demonstrate knowledge in an academic (school) setting? How will you demonstrate what you have learned in your study skills class? 2 PTS \_\_\_\_

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### True or False:

9. \_\_\_\_\_ *Neurons, axons, dendrites and synapses* contribute to the brain's intake and processing of sensory information into recallable memories. 1 PT \_\_\_\_

10. \_\_\_\_\_ Review and study of information strengthens synapses and synaptic patterns, which makes information easier to recall. 1 PT \_\_\_\_

11. List three things you can do to *monitor, adjust and control* your personal learning environment and thinking process for optimal performance: 3 PTS \_\_\_\_

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12. What is *multitasking* and why is it a poor way to learn? 2 PTS \_\_\_\_

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## WHAT DID YOU LEARN IN CHAPTERS 1-4

**BONUS:** Ever since middle school, Kendra has had a reputation for being your school's biggest brainiac. She's won a lot of awards, and teachers often use her essays and reports as examples of excellent work. Now that she's in high school, she seems worried about losing her "smart student" reputation. She's avoiding intellectual and academic challenge by taking classes that are way too easy for her. What's your warning to Kendra based on the research of Blackwell, Cali, and Dweck?

1 PT \_\_\_\_

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SCORE: \_\_\_\_ / 20 PTS