

EDUCATION & LEARNING / STUDYING

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Study routines, concentration, time management and independent learning

Activity 1: How do you study?

Discuss these questions with a partner.

1. Where do you prefer to study: at home, in a library or somewhere else?
2. Do you prefer studying alone or with other people?
3. What helps you concentrate when you study?
4. Do you usually make a study plan, or do you study when you have time?
5. What do you do when you don't understand something?
6. What advice would you give someone who finds studying difficult?

Activity 2: Match the study strategy

Match each strategy with its description.

1. Make a study timetable.
2. Take regular breaks.
3. Review your notes.
4. Set a clear goal.
5. Remove distractions.
6. Practise with example questions.
7. Explain the topic to someone else.
8. Ask for feedback.

A. Check your work for mistakes.
B. Decide exactly what you want to achieve.
C. Answer practice test questions.
D. Plan when you will study each subject.
E. Review your previous notes.
F. Remove study distractions.
G. Explain ideas in your own words.
H. Take a short study break.

Activity 3: Solve the study problems

Work with a partner. Read each situation and suggest two practical solutions.

Situation A: Ben has an important test next week, but he hasn't started studying. He keeps telling himself he'll do it tomorrow.

Situation B: Sara studies for hours but often forgets what she has read.

Situation C: Amir wants to study at home, but messages and videos distract him.

Situation D: Elena doesn't understand a topic in class. She feels embarrassed about asking the teacher for help.

Situation E: Tom spends so much time making beautiful notes that he rarely has time to practise answering questions.

For each situation, discuss:

1. What is the main problem?
2. What could the student do differently?
3. Which solution would you recommend first? Why?

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Activity 4: Plan a realistic study week

Imagine you have three subjects to study for a test in seven days. You also have work, family or other responsibilities.

Create a simple study plan. Include:

- The subjects you need to study
- When you will study each subject
- Time for reviewing what you have learned
- Short breaks
- One activity to help you relax

Compare your plan with a partner.

Explain why your plan is realistic and suggest one improvement to your partner's plan.

REAL ENGLISH BOX

Useful expressions for talking about studying:

- I need to brush up on my… — I need to practise or improve a skill I have learned before.
- I'm struggling with… — I'm finding something difficult.
- I'm falling behind. — I'm not making progress as quickly as I need to.
- I'll go over my notes. — I'll review what I have written.
- I work best under pressure. — I do my best work when I have limited time.
- I need to get my act together. — I need to organise myself and start doing what I should do.
- I'm making progress. — I'm gradually improving or moving towards my goal.

Activity 5: The study advice exchange

Student A chooses one problem from Activity 3 and explains it as if it were their own problem.

Student B asks questions and offers advice.

Student A responds naturally, explaining which suggestions might work and which might not.

Then change roles and choose a different problem.

Try to use at least three expressions from the REAL ENGLISH BOX during your conversation.

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Teacher's Key

Activity 2: 1–D, 2–H, 3–E, 4–B, 5–F, 6–C, 7–G, 8–A.

Activity 3: Possible answers include starting with short study sessions, reviewing material regularly, putting a phone away, asking a teacher for clarification, and practising exam-style questions.
Other sensible suggestions are acceptable.

Activities 1, 4 and 5:
Answers will vary.

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