

## Review

### TRUE or FALSE Review

- \_\_\_\_\_ 1. The average college student concentrates for an average of 46 minutes.
- \_\_\_\_\_ 2. Daydreaming happens when you fall asleep during the day.
- \_\_\_\_\_ 3. Though mind wandering takes you off task, it can be helpful when you are relating new information to old.
- \_\_\_\_\_ 4. Students can effectively study for exams while watching television.
- \_\_\_\_\_ 5. The recommended music to listen to while studying is classical music, especially Mozart.
- \_\_\_\_\_ 6. Reading in bed encourages mind wandering because it is a place the body has learned to relax.
- \_\_\_\_\_ 7. Taking phone calls while studying has been shown to increase test scores.
- \_\_\_\_\_ 8. If you believe you can, you can; if you believe you can't, you probably can't.
- \_\_\_\_\_ 9. Reading and studying at your peak times of day will help you learn more in less time.
- \_\_\_\_\_ 10. Eating a big pasta meal before studying will make you sleepier than if you had chicken and salad.

Answer the following questions based on the information you learned in this chapter.

1. What are learning influences? Which ones influence your learning the most?

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2. What is the relationship between mind wandering and concentration?

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3. What are some typical causes of mind wandering for you?

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4. How is mind wandering both a good and bad influence on learning?

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5. Name at least six things present in an *effective* learning environment.

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6. Name at least six things present in an *ineffective* learning environment.

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7. Which concentration-sabotaging habits are you guilty of (for example, watching TV or answering text messages while studying)?

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8. Of the many suggestions in this chapter for concentrating better, which ones are the most useful for you?

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9. On a scale of 1 to 10, with 1 being low and 10 being high, how would you rate your level of learning self-confidence? What can you do to make it even higher?

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10. Going back to Jerrold in the chapter scenario on page 58, what might you suggest he do to be able to concentrate better? How does your answer compare with your opinion when you started working on this chapter?

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