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[https://www.100test.com/kao\\_ti2020/225/2021\\_2022\\_\\_E5\\_85\\_AC\\_E5\\_85\\_B1\\_E7\\_AE\\_A1\\_E7\\_c72\\_225369.htm](https://www.100test.com/kao_ti2020/225/2021_2022__E5_85_AC_E5_85_B1_E7_AE_A1_E7_c72_225369.htm) UNIT 1TEXTWant to know how to improve your grades without having to spend more time studying? Sounds too good to be true? Well, read on...How to Improve Your Study HabitsPerhaps you are an average student with average intelligence. You do well enough in school, but you probably think you will never be a top student. This is not necessarily the case, however. You can receive better grades if you want to. Yes, even students of average intelligence can be top students without additional work. Here's how:1. Plan your time carefully. Make a list of your weekly tasks. Then make a schedule or chart of your time. Fill in committed time such as eating, sleeping, meetings, classes, etc. Then decide on good, regular times for studying. Be sure to set aside enough time to complete your normal reading and work assignments. Of course, studying shouldn't occupy all of the free time on the schedule. It's important to set aside time for relaxation, hobbies, and entertainment as well. This weekly schedule may not solve all of your problems, but it will make you more aware of how you spend your time. Furthermore, it will enable you to plan your activities so that you have adequate time for both work and play.2. Find a good place to study. Choose one place for your study area. It may be a desk or a chair at home or in the school library, but it should be comfortable, and it should not have distractions. When you begin to work, you should be able to concentrate on the

subject.3. Skim before you read. This means looking over a passage quickly before you begin to read it more carefully. As you preview the material, you get some idea of the content and how it is organized. Later when you begin to read you will recognize less important material and you may skip some of these portions. Skimming helps double your reading speed and improves your comprehension as well.4. Make good use of your time in class. Listening to what the teacher says in class means less work later. Sit where you can see and hear well. Take notes to help you remember what the teacher says.5. Study regularly. Go over your notes as soon as you can after class. Review important points mentioned in class as well as points you remain confused about. Read about these points in your textbook. If you know what the teacher will discuss the next day, skim and read that material too. This will help you understand the next class. If you review your notes and textbook regularly, the material will become more meaningful and you will remember it longer. Regular review leads to improved performance on test.6. Develop a good attitude about tests. The purpose of a test is to show what you have learned about a subject. The world won't end if you don't pass a test, so don't worry excessively about a single test. Tests provide grades, but they also let you know what you need to spend more time studying, and they help make your knowledge permanent. There are other techniques that might help you with your studying. Only a few have been mentioned here. You will probably discover many others after you have tried these. Talk with your classmates about their study techniques. Share with them some of the

techniques you have found to be helpful. Improving your study habits will improve your grades.

**NEW WORDS**

average n. ordinary 普通的；中等的  
intelligence n. ability to learn and understand 智力  
necessarily ad. inevitably 必定  
case n. what has really happened.  
actual condition 实情  
additional a. added 附加的，额外的  
n. addition  
weekly a. done or happening every week 每周的；一周一次的  
schedule n. timetable 时间表  
chart n. (sheet of paper with) information written or drawn in the form of a picture 图（表）  
commit vt. 指定...用于  
aside ad. to the side 在旁边；到（向）一边  
etc (Latin, shortened form for et cetera) and other things 等等  
normal a. usual 正常的  
reading n. the act or practice of reading 阅读  
assignment n. sth. given out as a task (布置的) 作业  
occupy n. take up 占用  
relaxation n. (sth. done for) rest and amusement 休息，娱乐  
relax v. hobby n. what one likes to do in one's free time 业余爱好  
entertainment n. show, party, etc. that people enjoy 娱乐  
entertain vt. solve vt. find an answer to (a problem) 解决（问题）  
aware a. having knowledge or understanding 知道的；意识到的  
furthermore ad. moreover. in addition 而且；此外  
enable vt. make (sb.) able (to do sth.) 使（某人）能（做某事）  
activity n. sth. (to be) done 活动  
adequate a. as much as one needs. enough 充分的；足够的  
distraction n. sth. that draws away the mind or attention 分心（或分散注意力）的事物  
concentrate (on or upon) vi. pay close attention (to) 全神贯注（于）  
skim vt. read quickly to get the main ideas (of) 略读  
preview vt. have a general view of (sth.) beforehand 预习  
content n. what is written in a book, etc. 内容  
organize vt. form into a whole 组织  
later ad. 后来；以

后skipvt. pass over 略过portion n. part. share 一部分；一份double  
v. make or become twice as great or as many (使)增加一倍comprehension  
n. the act of understanding or ability to understand 理解(力) mention vt.  
speak or write about (sth.) in a few words 提及confuseda. mixed up in  
ones mind 迷惑的，混淆的confusevt. textbook n. a standard book for the  
study of a subject 教科书；课本performance n. achievement 成绩meaningful  
a. having important meaning or value 富有意义的attitude n. what one  
thinks about sth. 态度，看法purposen. aim 目的，意图excessively  
ad. too much 过多地，过分地excessivea. permanent a. lasting for a  
long time. never changing 持久的；永久的technique n. way of doing sth.  
技巧，方法helpful a. useful. providing help or willing to help 有益的；  
给予帮助的，肯帮忙的PHRASES &amp; EXPRESSIONS  
fill in write in 填写，填充decide on make a choice or decision about 选定，  
决定 set aside save for a special purpose 留出as wellalso. too. in addition  
也，还；同样be aware (of) know (sth.). know (what is happening) 知道，  
意识到concentrate on direct ones attention, efforts, etc. to 全神贯注于  
look over examine (quickly) 把...看一遍，过目go overreview 复习lead to  
result in 导致 100Test 下载频道开通，各类考试题目直接下载。详细请  
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