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Vocabulary: study 词汇: 学习

So, it's exam time again – have you done the necessary work to get good **marks**? Sleeping with the **textbook** under the pillow in the hope that knowledge will be magically absorbed into your brain as you sleep doesn't work. The best **strategy** is to **space your practice out**, rather than **cram** it all together. It means **hit the books** early!



In an article in the British newspaper The Guardian, Tom Stafford, a **lecturer** in psychology and **cognitive science** at the University of Sheffield, UK, advises: "If you organise five hours of study into one hour a day, you'll remember more than if you study for five hours on one day."

Don't rely on memory alone – get pen and paper and start working. Students who can test themselves in advance will be better at **retrieving** material from their memory and learn that material in the long run. John Dunlosky, Professor of Psychology at Kent State University in the US, suggests that "you start by reading a textbook using your favourite **highlighter** and favourite colours, but then you go back and make **flashcards** of all the **critical concepts** and instead of just rereading those, you basically try to test yourselves on them."

Good revision should give you confidence, but if you are still anxious, there's no harm in indulging in a personal **ritual**. In Japan, it seems to be a tradition for students to eat Katsudon before a test. This is a warm bowl of rice topped with egg and a deep-fried pork cutlet. The name of the dish reminds people of the word 'katsu', meaning 'winning'.

For some students in South Korea, the key to success is not washing their hair before **sitting an exam** because they believe they could wash all the knowledge out of their head. And in different parts of the world there are always those who swear by their 'lucky underwear'.

The bottom line is that you need to study, sleep well on the eve of the test, eat a **nutritious** meal, drink plenty of water and believe that your efforts will **pay off**. Good luck in your exam!

词汇表

mark	分数
textbook	课本, 教科书
strategy	策略, 行动计划
space your practice out	把做练习的间隔时间距离拉开
cram	(考前) 突击学习, 死记硬背
hit the books	学习, 做功课
lecturer	讲师
cognitive science	认知科学
retrieve	搜索、获取
highlighter	荧光笔
flashcard	抽任卡
critical concept	关键概念
ritual	老规矩, 仪式, 习惯
sit an exam	参加考试
nutritious	营养丰富的
pay off	取得成功, 取得好结果

测验与练习

1. 阅读课文并回答问题。

1. True or false? *If you study all the material two days before the test you're likely to get a good mark.*
2. What's the benefit of testing yourself before the exam?
3. Who avoids washing their hair before an exam?
4. Which adjective describes someone who is worried and apprehensive?

2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. The _____ line is that if you don't study you won't get good marks.

top	side	highlight	bottom
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2. Oh dear! My computer has frozen and I can't _____ the document I've just saved.

retrieve	remind	cram	pay off
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3. Mary's mother is very conservative. For her it was an important _____ to see her daughter wearing a white dress on her wedding day.

strategy	tradition	ritual	psychology
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4. Avoiding partying every night to study might sound like a big sacrifice, but in the long _____ it will help you pass your exams with top marks.

walk	time	end	run
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5. The CEO of the company asked his secretary to _____ him of the meeting on Tuesday.

remember	retrieve	remind	rely
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答案

1. 阅读课文并回答问题。

1. True or false? *If you study all the material two days before the test you're likely to get a good mark.*
False. Experts say the best strategy is to space your practice out, rather than cram it all together.
2. What's the benefit of testing yourself before the exam?
It will make it easier for you to practise retrieving material from your memory rather than just struggling to remember it.
3. Who avoids washing their hair before an exam?
Some South Korean students are known for doing that.
4. Which adjective describes someone worried and apprehensive?
Anxious.

2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. The **bottom** line is that if you don't study you won't get good marks.
2. Oh dear! My computer has frozen and I can't **retrieve** the document I've just saved.
3. Mary's mother is very conservative. For her it was an important **tradition** to see her daughter wearing a white dress on her wedding day.
4. Avoiding partying every night to study might sound like a big sacrifice, but in the long **run** it will help you pass your exams with top marks.
5. The CEO of the company asked his secretary to **remind** him of the meeting on Tuesday.