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Photo Rina Pitucci>Welcome back in midweek Meditation, Lifehacker's weekly dip in the pool of stoic wisdom, as well as a guide to using his water to think and improve his life. This week's choice comes from Seneca. In his moral letters (88.7) he describes the real lessons that can be learned from Homer's Odyssey: Do you raise the question: What regions of Ulysses got lost? instead of trying not to go astray at all times? We do not have a free place to hear lectures on whether it was a sea toast between Italy and Sicily, or outside our famous world (indeed, as long as wandering could not have occurred within its narrow borders); we ourselves are faced with storms of spirit that throws us up daily, and our debauchery leads us into all the troubles that bothered Ulysses. For us there is never enough beauty to seduce our eyes, or the enemy to strike us, on this side are wild monsters that please human blood, on this side the treacherous charm of the ear, and there is a shipwreck and all the various categories of misfortune. Show me as well, by example Ulysses, how I love my country, my wife, my father, and how, even after suffering a shipwreck, I sail to these goals honorable as they are. What this means is that students and students - from ancient times to the present day - work far away trying to figure out and remember all the names, dates and places from Homer's epic, but all these details don't make sense. Take a closer look at this line: Show me as well, by example Ulysses, how I love my country, my wife, my father, and how, even after suffering a shipwreck, I sail to these goals honorable as they are. G/O Media can get commissionTo Seneca, the real lessons of this history are moral lessons. I know, amazingly isn't it? The odyssey is not about cyclops of monsters, Trojan horses, or braving stormy seas; it is about love, honor, temptation, arrogance and perseverance. When you study new stuff, it can be overwhelming when you think about how much time you... MoreWhat to take from IBack at school, teachers may have interviewed you about the details from a book, lecture, tour or movie to see if you actually paid attention to the material. It is a system that sometimes works, but it is entrenched in the wrong approach to education in our minds. Instead of focusing on the real lessons of history - why - we instead learned to know who, what, when, and where. We learned to learn to test. It's time to stop it if you haven't already. Most of us are out of school now, and there are no more tests for us to learn. It's time for you to learn just for yourself. When you read books, watch movies, and see plays, look for ways to apply the lessons that the characters learn in their own lives. If you're planning to be a winner of a quiz show, there's no need to remember all those little details that don't make you better. The end approaching, which means that the final exams are exams How can you give yourself an advantage this time? The most important thing you can do is give yourself enough time to prepare. Then follow this simple plan: 1) Study2) Check yourself with a practical test3) Discover the weaknesses4) Study again5) Check yourself again This is a simplified version. For really great results on your final: There are many recent studies that show that it is important to study in stages. The findings say it's best to start early and let your brain rest and then explore again. If you are preparing for a comprehensive exam, put together all the materials you received during the semester. You probably have handouts, notes, old assignments, and old tests. Don't leave anything behind. Read the class notes twice. Some things will sound familiar and some things will sound so unfamiliar you'll swear that they were written by someone else. It is ok. After studying all your notes for the duration, try to come up with themes that connect all the materials. Having planned at least one time to meet with a study partner or study group. If you absolutely can't get together, then exchange email addresses. Instant messages will work well, too. Invent and use training games with your group. You may also want to consider communicating through an online forum like the Homework/Research Tips Forum. Collect the old exams of the year (or semester) and make a photocopy of each of them. Without test the answers and copy each one again. Now you have a set of practical tests. To get the best results, you have to make a few copies of each old exam and continue taking the tests until you score perfectly on each one. Note: You can't whiten the answers to the original, or you won't have the answer key! Organize your notes by date (do everything in your power if you don't date your pages) and pay attention to any missing dates/pages. Gather with your research partner or team to compare notes and fill in any missing material. Don't be surprised if you missed key information from the lectures. All zones are out once in a while. Once you've organized your new set of notes, highlight any keywords, formulas, themes, and concepts. Make yourself a new hands-on test with the filling of sentences and definitions of terms. Print a few tests and practices several times. Ask your team members to also do practical tests. Then change. Collect all the old tasks and re-do the exercises. Many tutorials have exercises at the end of each chapter. Browse them until you can answer each question with ease. If you are studying for a math or science exam, find another textbook or study guide that covers the same material that you have studied the term. You Find second-hand books at yard sales, second-hand bookstores, or in the library. Different textbooks will provide you with different explanations. You can find one that does something clear for the first time. Other tutorials can also give you a new twist or fresh questions on the same material. This is exactly what your teacher teacher do in the finale! For history, political science, literature or any class of theory, focus on topics. Read your notes again and mark everything that looks like it will serve as good as an essay question. What terms make good comparisons? For example, what terms can a teacher use as a compare and contrast question? Try to come up with your own long essay questions by comparing two similar events or similar topics. Have your friend or research partner come up with essay questions and compare. Psychology exams can be stress-inducing, but there is no need to panic as test day approaches. While there are no correct shortcuts when studying for a psychology test, there are things you can do to get the most out of your learning time. Preparation is always the key to doing well on any exam, so starting early and making the most of the time and resources that are available, you will feel better tackled by the test and less likely to experience the anxiety test. By following these relatively simple strategies, you can be sure you'll be ready when the test day comes. 1 Hero Images/Getty Images Don't wait until the night before the exam to start hitting the books. From the very first day of classes, set a regular training schedule. Plan to spend at least one hour of training for every hour you spend in class, but be prepared to set aside more time as you delve into the subject. It is also important to consider your own abilities, weaknesses, and subject matter at hand when creating a training schedule. There may be certain areas where you succeed that require less attention, while other areas can be much more of a struggle. Develop a study schedule that allows you to view all the information covered in the classroom and continue to spend extra time on these particularly complex concepts. 2 Christian Sekulic/Getty Images Class lectures are not the time to back off and let the instructor drone on. Instead, focus on becoming an active listener and participant in psychology lectures and discussions. Read the assigned training material before each class session and look out for any questions you may have. During the lecture, take quality psychology notes that you may want to consider later. Don't worry about recording everything the instructor says, but try to outline the main themes, ideas and questions. Also remember, if a teacher thinks something important enough to write a slide on a board or overhead slide, then you should definitely include it in the lecture notes. There is a very high probability that the information will eventually appear on the next test. 3 Howard Kingsnorth/Getty Images After making thorough psychology lecture notes, it's time to put them to good use. If you have a little time right after class, sit down and spend 15 to 20 occurs over notes throughout the day. In addition to regular review time, spend several hours each week studying your notes in greater depth. Consider creating flash cards for flash cards practical tests to memorize the vocabulary of terms and psychological concepts. 4 Howard Kingsnorth/Getty Images Studying in small groups is a great way to challenge yourself, review important concepts, and discuss theories you learned in class. Try to gather at least once a week to talk about the material from the classroom lectures and appointments. Another option, if you are unable to participate in a small study group, is to attend training sessions organized by an instructor or teaching assistant class. 5 Martin Shields/Getty Images Practice quizzes are a great way to determine which concepts you understand and which ones you still need to work on. In addition to developing your own quizzes, you can often find practice quizzes at the end of each chapter in your tutorial. Another option is to look for psychological tests and quizzes on the Internet. 6 Christa Brunt/Getty Images As you learn about different psychological theories, think about how these concepts can be applied in the real world. Consider examples from your own life or in the lives of people you know. For example, if you're looking at The Stages of Cognitive Development of Piaget, you might want to think of children you know who are at different points of development, such as preoperative and specific operational stages. This type of learning exercise is a great way to prepare for psychology tests that often require students to identify examples of different psychological principles. 7 Philipp Nemenz/Getty Images Don't let yourself get into the training rut. Instead, challenge yourself to learn the material in several ways and experiment with different research methods. Using devices such as mnemonics, flash cards, hands-on exams, and group discussions helps strengthen the material in your memory. 8 Winslow Productions/Getty Images Many publishers of psychology textbooks also offer textbook websites that have different learning tools for students. Flash cards, practical tests, and discussion boards are just some of the tools that can be accessed in your tutorial. Don't ignore these valuable resources! In many cases, your instructor can ask many test questions directly from the book publisher's test bank. 9 Blend Images - JGI/Jamie Grill/Getty Images While it may be tempting to focus on the simplest stuff, learning the most complex concepts first is usually the best way to prepare for a psychology test. Combating difficult material when your mind is fresh and active ensures that you will have the mental energy and resources to fully focus on the material. Remember, however, to give yourself regular breaks during training sessions. If you are still trying to understand certain concepts, make an appointment with the instructor for further discussion of the material. 10 Hill Street Studios/Getty Images All research tips, tips and techniques cannot replace one of the key factors psychological tests are time. Learning strategies are a great way to focus your attention and get the most value out of your learning time, but it's important to devote a few hours a week to learning for each individual class. The rule of thumb is that most universities suggest that you should spend at least two hours of study for every hour you spend in class. While this time the commitment may seem daunting, remember that you can break up those hours during the week. Spend some time coming up with a learning schedule that works with your own life and personal responsibilities including school, family and work. Thank you for your feedback! What do you care? Verywell Mind uses only high-quality sources, including peer-reviewed research, to support facts in our articles. Read our editorial process to learn more about how we verify facts and maintain the accuracy, reliability and reliability of our content. Hartwig MK, Dunlosky J. 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