

# 銘傳大學「學習達人」徵文活動

基本資料				
級 別	<input checked="" type="checkbox"/> 大學部 <input type="checkbox"/> 碩士班研究生 <input type="checkbox"/> 博士班研究生			
學 院	教育暨應用語文學院	班 級	應用英文學系 二年級丙班	
姓 名	洪怡嫻	學 號	00423064	
學習達人優秀事蹟簡歷				
優秀成績表現，例如：1. TOEFL iBT 90 2. 學期總成績全班第三名				
學習經驗分享內容				
主 題	Learning Inside and Outside the Box			
<p>Students have been taught on the most efficient and effective ways to learn since they started learning ABCs. Learning techniques involves time management, preparation strategies, reading skills, taking notes skills, and presentation skills; but establishing a study routine is the most important of all. Without a study routine, you won't be able to apply your learning techniques, so it is of importance to have one.</p> <p>First, get in the habit of getting up early in the morning. I would suggest around 6 or 7 o'clock in the morning and review all your subjects especially the major ones. You can revise lessons early in the morning which you find difficult to do last night. By this, you will do well in your studies. On the other hand, if you're having your course of study after classes, take at least a 10-minute break between 1 hour of studying, you may spend time chatting with your friends, watch YouTube videos, or use Facebook. This will help you relieve the tension and pressure built during your one hour of studying and helps you feel refreshed after returning back to your study, but keep in mind to not exceed more than 20 minutes.</p> <p>Next, when you have your quiz papers back, always write down the correct answers and check with your textbook or handouts. This is very useful for reviewing for the midterm or final exams. Writing answers should not only be on quiz papers, but also in taking notes. Writing answers and important key points instead of oral studying helps a lot, because when you write down your answers and notes on a piece of paper, you will know the area where you have strengths and</p>				

weaknesses. This helps you increase your strong suit and improve your weaknesses.

Lastly, refresh what is taught in class and revise your notes when you come back home, try to finish the lessons the day itself, do not procrastinate and carry the loads over the next day. Also, do revise every weekend and try to answer the exercises given at the end of chapters of every lesson during that time, pretend that you are writing an examination, take out one pen and put away everything, this is very good practice in order to test yourself if you are ready for those questions during the exams. Have confidence in yourself and know that you are capable of attaining 95% in exams. It doesn't need to be a perfect hundred; the main point of studying is learning and absorbing new things, not having perfect scores.

All these can successfully help students achieve their learning goals and be the best that they can be. But is it effective on every student? Sometimes it is not. There are some other methods that student can learn in order to maintain or even improve their grades.

First, students need to choose their classes wisely. We, Ming Chuan University students, have the privilege to choose our elective and general education classes that we are interested in and it is an opportunity for us to start learning about our own interests. This is a great advantage because selecting and having the classes that you are interested in gives us the motivation to study it. What is more, you should apply what you have studied into a real life situation.

Next, speak with your professors. College professors know who is and who is not paying any attention in class and this could reflect on your grade. Be sure that your professors know that you exist and have the passion to perform well in their class. Also, don't be too afraid to show them that you are actively engaged in their materials, it is never a bad idea, even if you really don't understand them. You may even ask for an extra credit if you're not doing well. Going beyond everybody else never hurts and it can be a great extra learning experience.

Last but not least, if you go out a lot, try to limit your social life. College is the future and social life is the past. Take a big step and commit, you'll have to make your education a substantial part of your life. Whether it is studying that extra ten minutes or teaching a classmate, your time and energy are the elements to an effective and efficient learning experience.