What are the Educational Demands of College?

(Adapted from Nist, Sherrie and William Diehl, *Developing Textbook Thinking, 5th ed.* New York: Houghton Mifflin Co., 2002.)

If students are to realize specific educational goals, they must know what the educational demands and behaviors are. This inventory checks your understanding of the demands of college study.

For each statement below place a "T" on the line in front of each true statement, "F" for false statements.

_____ **1.** **The two factors that best differentiate between good and poor students are (1) good study habits, and (2) interest.**

_____ **2.** **Studying can make you tired.**

_____ **3.** **Students taking 3 general education (courses students are required to take regardless of their major) in a semester average about 100 pages of reading per week.**

_____ **4.** **The more details you can memorize from the textbook the better you will do on exams.**

_____ **5.** **Reviewing material more than triples your memory of it.**

_____ **6.** **If you know the material in the textbook you do not have to be as attentive during lectures.**

_____ **7.** **Given enough study time almost any student can perform at the top of the class.**

_____ **8.** **On average, students have about 10 hours per day of free time (time not spent in class, studying, eating, or sleeping).**

_____ **9.** **You should read most materials (newspapers, novels, and textbooks) at about the same rate of speed.**

_____ **10.** **Monitoring your learning during study—knowing what you know and knowing what you don't know—influences your test performance.**

_____ 11. **Basically, you should study the same way for multiple-choice and essay exams.**

_____ 12. **If you use good study strategies, it is less important for you to attend class regularly.**

_____ 13. **It is important to understand the task (what the professor expects you to do) because studying approaches vary as the task varies.**

****

Suggested Answers/Discussion

T 1.

F 2. **When approached the incorrect way, studying can make you tired, but it is usually a lack of interest that tires you. If you study for too long without taking a break (cramming, for instance), you will become worn out. For this reason as well as for effectiveness, short study periods are endorsed.**

F 3. **More likely 250 or more pages per week! The problem is that too many students often neglect to do the required reading!**

F 4. **Get the big picture and work from there. This will improve test performance.**

T 5. **Distributing study more than triples your memory of it simply because you learn and internalize the information so that it becomes a part of you in much the same way that the food you digest becomes part of you!**

F 6. **Many lectures cover material not found in the textbook!**

T 7. **You can perform at the top of most classes, but most of us have to work at it. Self-discipline is essential to your achieving top grades in those classes you do not have a real interest in.**

T 8. **"Average" students spend their time:**

Sleep: 49.3 hours per week

Study: 19.8 " " "

Classes: 18.7 " " "

Meals: 10.7

Total: 98.5

A week has 168 hours.

Is this a realistic time allocation for you?

What items have been omitted?

F 9. **Different type of material = different rate.**

Different purpose for reading = different rate

T 10. **Self-monitoring influences test performance more than any other practice or habit.**

F 11. **Objective tests are recognition tasks, but essay tests require recall tasks. Basically you use identical strategies (distributed study, organizational strategies, rehearsal strategies), but you then move to the specific behaviors required for the specific kind of test.**

F 12. **Class attendance is crucial! Yes, you DO miss something when you are not there, and another student's notes are not as effective!**

T 13. **Students who understand their professors' expectations DO perform better.**