

Resource 3 (Activity 2)

Swot Or Not? (1 of 2)

For each of the questions, choose the answer that is most like you. See if you chose mostly 'a', 'b' or 'c', then read the descriptors of that type to let you know how you are, when you need to study.

1. When you need to study you...

- Go to your desk, where you have everything you need, with no music or TV in the background where no one will distract you.
- Work at the kitchen table, but often get distracted by someone coming in to get something or wanting to chat.
- Do it in front of the TV so you can catch your favourite programme and chat while you're revising.

2. You usually study...

- At the same time every schoolday. For the rest of the time, you are free to do what you want. You know how important it is to get a break from working too.
- When you feel like it, but usually get something done each school day.
- At the last minute before a deadline, which means that some days you have nothing to do, and on other days you're up half the night finishing off a piece of work.

3. When you don't feel like studying, but you really need to, you...

- Tell yourself you'll feel glad when you have the work out of the way, and just get on with it, or try to work out what is really stopping you from working.
- Make a cup of tea, rearrange your posters on the wall, decide you need to perfect your forward roll first, make a list of ways to study, worry about how much work you need to do, daydream about your perfect date, take a long time making a beautiful doodle... Eventually you get started and then get annoyed with yourself for wasting time.
- Go and find someone, or something, to distract you so you don't have to think about it.

4. When you can't do or understand something, you...

- Ask for help until you do understand.
- Sometimes ask for help but sometimes feel too afraid of looking stupid.
- Never ask for help because it is too embarrassing in front of the other pupils in the class.

5. When it comes to doing well in exams and tests, your attitude is that...

- You try as hard as you can, so you give it your best shot and see what happens. There's nothing more you can do than that!
- Your best is often just not good enough. You worry a little bit about what others may think of you.
- You hate getting things wrong and looking stupid, so you think it's best not to try. Then you can blame any low marks on lack of effort rather than lack of ability.

Resource 3 (Activity 2) Swot Or Not? (2 of 2)

6. When taking a test, you...

- Read the instructions carefully. Then you do the easiest bits first, leaving any tricky questions until later so that you don't run out of time. If you really don't know an answer you put down a guess just in case it could be right. You leave enough time to review all your answers at the end and check for any mistakes.
- Read the instructions carefully. You then start at the beginning and work your way to the end, without leaving anything out. If you're stuck, you keep at it until you come up with some sort of answer.
- Start answering the questions straight away, leaving out the ones you can't do. If you finish early, you draw a picture on the back of the paper.

7. You're in a class where some pupils are messing around and not listening or doing their work. You...

- Try to stay focused and listen. If you feel you have enough people who would back you up in class, you may even complain at the disruptive pupils to stop.
- Get fed up with the distraction, switch off and get bored.
- Join in with the people who are messing around.

8. You're in a class where many of the pupils think it's not 'cool' to study and laugh at those who do. However, you really want to do well because you enjoy the subject and need it for your future career plans. Do you...

- Sit with the few other pupils who want to work and just keep working. You're not going to let anyone stop you achieving your hopes and dreams for the future!
- You hate being teased by other pupils, so you pretend not to work much in class, but then put in the time at home to catch up on what you missed.
- You HAVE to be accepted by the popular pupils so you stop working so they think you're cool.

If you scored mostly 'a'...

Well Done! You have the right attitude and approach when it comes to studying, and the ability to cope with distractions and negative peer pressure.

If you scored mostly 'b'...

You are on the right track, but can be put off by distractions or what other people think of you. Read the 'a' answers to give you some guidelines for successful studying.

If you scored mostly 'c'...

You are not going to get anywhere with your present attitude to studying. What's even worse, you sometimes can even stop others from getting on with what they want to do too! Read the 'a' answers to give you some guidelines to attitude changes that mean you will be more successful. Also, consider working on your self-esteem, which seems to be quite low at the moment.