

**UOW College Hong Kong / Community College of City University**  
**Student English Enhancement Unit (SEE U)**  
**Daily English Practice**

Week 2

**#106 How to study effectively**

**Skills/ Objectives: Reading, Speaking, Listening and Writing Skills**

**PART 1: Before you read...**

**Preparatory questions**

1. Do you know what kind of learner you are? In the text, Honey and Mumford identified four types of learners. Who are they?
2. There are tips for efficient learning and revision. What are those suggested by Kelly Louise Preece?
3. According to Aaron Hynds, are breaks important in studying?
4. How can you effectively benefit from learning in a group?

Answers to the above questions will be provided in the next set of exercises.

**Vocabulary**

- Slog: To work hard over a long period of time on some difficult or boring work
- Make aware of: To make someone realize the presence of something
- Fall out of favour: To lose popularity
- Holistic: Covering the whole problem instead of a part of it.
- Steer people away: Guide people not to do something.
- Get in a rut: To stick for a long time to doing something or the way of doing it which has become uninteresting.

**PART 2: Article for Reading**

Do you want to have some tips for how to study wisely using less time but achieving greater results. Read the article by Gaven Naden posted on the following web-site:

The great learning curve: how to improve your study habits

<https://www.theguardian.com/education/2018/mar/22/the-great-learning-curve-how-to-improve-your-study-habits>

### **PART 3: Speaking Skills Practice**

How do you read the word “theorists” in the following sentence in the text?

“Theorists such as Honey and Mumford created questionnaires.”

Did you find it difficult to read the word as it contains three consonants at the end / s – t – s/ ? Is there a better way to read it?

The answer is “Yes”. In English, when you have a cluster of the three consonants making continuous pronunciation difficult, you may skip the middle one but make the whole group of consonants a little longer in pronunciation. Therefore words below may be pronounced as:

theorists → theori – s+s (skipping /t/)  
students → stude – n+s (skipping /t/)  
frequently → freque – n+ly (skipping /t/)

### **PART 4: Listening Comprehension**

Watch the following video to practise listening:

**Skill Curve - Learning to learn**

<https://www.youtube.com/watch?v=vDLt38qGmk>

### **PART 5: Writing Practice**

**Idioms:**

Do you think the following sentences are well expressed?

- (a) The idea was no longer liked by people over time.
- (b) This internship experience will be very useful to the students when they apply for a similar job in future.

The answer is “No!”. The reason is that they are not expressed idiomatically. How about changing them to the following:

- (a) The ideas has fallen out of favour over time.
- (b) This internship experience will stand the students in good stead when they apply for a similar job in future.

Such expressions like “fall out of favour” and “stand in good stead” are idioms. Did you notice them used in the text cited above? They are effective ways of expressing ideas and are frequently used by native English speakers. Very often, their meanings are not readily noticeable from the surface meanings of the words making them up. For practice, try to write a sentence using each of these two idioms and send them to your SEE U teachers for advice:

- (i) Fall out of favour

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- (ii) Stand in good stead

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**Send your writing to:** [see.u@cccu.edu.hk](mailto:see.u@cccu.edu.hk).

Remember! Our SEE U teachers are always ready to give you feedback.