

- How to learn and study
- attitudes about studying
- motivational skills
- setting goals for yourself
- learning survival strategies
- taking classroom notes
- time control and concentration
- building a powerful memory
- taking exams
- Understanding word parts, using dictionary.

General Learning Outcomes

1. Change study habits by applying new effective learning and studying strategies.
2. Set study goals and monitor motivation and attitudes towards learning.
3. Improve memory and exam performance.
4. Improve word skills in English and expand their vocabulary.