

《四级阅读理解选词填空题及答案（9）》

Passage:

Acquiring good study habits is essential for college success. Many students struggle with time management, organization, and concentration. Developing effective study skills can make a significant difference in academic performance.

Firstly, it ' s important to create a (1)_____ schedule. Determine your most productive hours of the day and allocate study time accordingly. Stick to the schedule and avoid procrastination.

Secondly, maintain a neat and organized study space. Cluttered desks can lead to distractions and decreased productivity. Keep only the necessary materials within reach and remove anything that may cause interruptions.

Thirdly, practice active reading techniques. Instead of simply (2)_____ the material, engage with it by highlighting key points, taking notes, and asking questions. This will help you retain information better.

Additionally, establish a study routine. Consistency is key when it comes to learning. Set aside specific days and times for studying each subject, (3)_____ your course load evenly throughout the week.

Moreover, seek out additional resources and support. Join study groups or form study partnerships where you can discuss difficult concepts and share knowledge. Utilize online (4)_____ materials, such as video lectures or interactive quizzes, to supplement your learning.

Furthermore, take regular breaks during study sessions. Research has shown that short breaks can actually enhance focus and (5)_____. Use these breaks to relax, stretch, or engage in activities that clear your mind.

Lastly, prioritize self-care. A healthy lifestyle contributes to better (6)_____ functioning. Eat nutritious meals, exercise regularly, and get enough sleep to ensure you are energized and mentally alert during study sessions.

By implementing these study strategies, you can improve your academic performance and reduce stress. Remember that developing effective study habits takes time and practice, so be patient with yourself as you (7)_____ these skills.

Options:

- A. distribute
- B. overwhelmed
- C. revise
- D. maximize
- E. memorize
- F. comprehension
- G. resources
- H. adapt
- I. strategies
- J. optimized
- K. implement

参考答案：

DEAGJFH

