

# Expert Reader - **Book 4**

## Chapter 6 – Reading



by Elen Fernandes

## Chapter 06 - How to achieve more from your studies

Have you ever stopped to think about the way you are living your life?

I don't know about you but I sometimes feel like I am **running from one activity to another**, or trying to do everything at the same time.

When things happen at such a fast pace, it is easy to lose sight of what you are doing, or what is important. I guess it's very important to stop yourself **every now and then** to think about what you've been doing and what is really a **priority** in your life. The other day I came across the term "**self-reflection**" which means stopping the mad **rush** of activity and calming yourself and your mind so your brain can **evaluate** the input it has already received. In the article I read it mentioned that some people prefer to do their self-reflections mentally, while others keep a journal or written notes of some kind. **Either** method can work, depending on what your own personal style is. **Whether** written or purely mental, the process is the same. **Although** for me it only works as I write things down and keep reading again and again.

## VOCABULARY

priority  
rush  
evaluate  
either  
whether  
although

**cont.**

Something I notice right after reading that article is that school **textbooks** are often divided into chapters and units of study. This can make it easier for someone who wants to begin the process of **self-reflection** to get started.

Have you ever thought the way you feel when you complete a unit of study? What happens is that when we finish a chapter we are **reminded** that the unit is over because there is some kind of test or quiz and what happens is that we are **forced to** kind of review it.

**So here comes my recommendation:**

**1 - Find a quiet place to review things you have learnt**, or this can be even sitting at your desk at school when you finish something early and the other students are still working.

If you decide to take notes, take out paper or your notebook. Jot down some notes on things that you learned in this unit that you did not know before you began. Let your mind ponder on the notes you have written and make some connections to things you already know, that's what I do that works the most for me.

## VOCABULARY

textbooks

self-reflection

reminded



**cont.**

Sometimes just pausing to think deeply allows your brain to make connections so that new information can be quickly **retrieved** when you need it again.

## **2 – Try to think about things that you still don't understand.**

For example, maybe you learned about a certain structure, but you're not sure how it works in practice. Maybe you learned a new word, but you're not sure when to use it. Writing down your doubt will help you remember to continue ***seeking answers*** the next time you are **exposed** to the same topic.

So that's the **tip** I have for you today. And don't forget; Self-reflection is an essential skill for a successful student. If you have never taken the time to reflect, try it **as soon as possible** and you will see how much you can **achieve** just thinking and taking notes about the things you have learned.

## **VOCABULARY**



retrieved  
exposed  
tip  
achieve

# Expert Reader - **Book 4**

## Chapter 6 - Vocabulary



by Elen Fernandes

# NEW VOCABULARY:

**priority**

Studying English is a priority in my life.

**rush**

There was a rush to grab the ball.

**evaluate**

We have to evaluate our concepts.

**either**

Wear either dress or pants, they both look good.

**whether**

We're not sure whether it will rain.

**although**

I see her all the time, although I never speak to her.

**textbooks**

It's difficult to find great English textbooks nowadays.

**self-reflection**

It is a moment of self-reflection to ask about our own goals.

**reminded**

That song reminded me about my childhood.

**retrieved**

This information can be retrieved the next time you visit that website.

**exposed**

Humans are exposed to a lot of bad things.

**tip**

The best tip is cooking your own food at home .

**achieve**

We have to achieve our goals until the end of the year.



# EXPRESSIONS

**Have you ever**  
**from one activity to another**  
**the same**  
**fast pace**  
**right after**  
**divided into**  
**Jot down**  
**ponder on**

Have you ever been abroad?  
You can not move from one activity to another.  
He is always doing the same thing every day.  
The fast pace of that class disturbed all the students.  
He started to cry right after he laughed.  
The class was divided into two groups.  
I needed to jot down all her information.  
You have to ponder on the most important subject.



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## Chapter 6 – Step by Step



by Elen Fernandes

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