

APPENDIX II

POST TEST

Name of the student:

Date:

Time: 35 minutes

Total Marks:

Dear student,

You have been learning and practicing various skills and techniques to improve your self learning through the modules/ instructional materials given to you. I would like to know how far these modules have helped you in becoming a better learner. For this purpose some questions have been given below. Complete these questions which have been divided into six sections. Read each question carefully, and then select any one answer you think is correct for the multiple choice questions.

These test items have no concern with your college examination. I assure you that your answers shall be kept strictly confidential and will be used for the purpose of my research work only.

Please attempt all the questions. Do not ask your companion for the answer. Try to answer the questions in the time given to you.

(A) GOAL SETTING SKILL

1. Which is a life time goal?

- a) learn a new sport this year
- b) become a good teacher
- c) help a friend everyday this week
- d) none of the above
- e) do not know

2. About how long could a long-term goal last?

- a) 1 to 2 weeks
- b) 6 months to 1 year
- c) 2 to 10 years
- d) none of the above
- e) do not know

3. **A powerful technique for understanding your strengths and weaknesses and for looking at the opportunities and threats you face is**
- a) SMART goal setting
 - b) goal mapping
 - c) SWOT analysis
 - d) none of the above
 - e) do not know
4. **Keeping an activity log helps you to understand ...**
- a) how you spend your time
 - b) when you perform at your best
 - c) number of hrs you spend in low yield job
 - d) all the above
 - e) do not know
5. **We should review lecture notes just after class ...**
- a) in order to see if we need to add anything to it
 - b) as forgetting is greatest within 24 hrs without review
 - c) to retain information for longer duration
 - d) all the above
 - e) do not know

6. **Write down two of your study goals using the SMART acronym.**

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7. **Write down any one of your artistic goal and career goal.**

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8. **Create your own goal map in the space given below.**

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(B) INFORMATION LOCATION SKILL

- 9. Which of the following resource contains more up to date information for locating information?**
- a) books
 - b) journals
 - c) primary sources
 - d) all the above
 - e) do not know
- 10. When searching a library catalogue if you are not sure what your search term are you should search using the...**
- a) author
 - b) title
 - c) keyword
 - d) subject
 - e) all the above
 - f) do not know
- 11. Following is an example of a meta search engine...**
- a) www.google.com
 - b) www.yahoo.com
 - c) www.askjeeves.com
 - d) all the above
 - e) do not know
- 12. You have started a search using a database and found only a few documents on your topic. You decide to include synonyms (word of similar meaning) in your search statement. To connect the synonyms you would use the Boolean operator...**
- a) AND
 - b) +
 - c) NOT
 - d) OR
 - e) do not know
- 13. Copyright is used to protect the rights of the creators of ...**
- a) music
 - b) literature
 - c) art

- d) films
- e) all the above
- f) do not know

14. **Make a list of key concepts and keywords of the following topic.**
“Evaluate the impact of the e-learning on the achievement of students.”

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15. **A student downloads her favorite song to play as background music for a multimedia project. The presentation will only be shown in the classroom. This is an example of ... (Tick the correct answer)**

- (a) Appropriate Use
- (b) Inappropriate Use

16. **How will you write the reference of the following book using the APA format: The Monk who sold his Ferrari written by Robin Sharma in the year 2003 and published by Jaico Publication house, Mumbai?**

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(C) INFORMATION PROCESSING SKILL

- 17. According to the information processing model, without a conscious effort to work with the recently received information we forget 82% of the information within 24 hours and almost all of it within a few days.**
- a) True
 - b) false
 - c) do not know
- 18. Information is most easily transferred to the long term memory if it is**
- a) strange
 - b) unique
 - c) repeated
 - d) strong emotional association
 - e) all the above
 - f) do not know
- 19. When you read the chapter introductions, summaries in detail and speed read contents of chapter you are -----the text.**
- a) skimming
 - b) scanning
 - c) reading
 - d) studying
 - e) do not know
- 20. Re-reading a text improves your reading speed.**
- a) True
 - b) false
 - c) do not know
- 21. An excellent reader reads at the rate of ...**
- a) 230 w.p.m.
 - b) 600 w.p.m.
 - c) 10,000 w.p.m.
 - d) do not know
- 22. According to the finger technique for improving your reading speed it is enough to understand 70 to 80% of what you read.**
- a) true

- b) false
- c) do not know

23. A person who prefers to do physical experiments and learn by trying is a ...
- a) reflective learner
 - b) active learner
 - c) sequential learner
 - d) intuitive learner
 - e) do not know

24. Complete the KWL chart for the topic- Planets.

Topic:		
K	W	L

Effect of Internet on our daily lives

The maximum effect of the internet is actually on the daily life of the individuals. Life has become drastically smooth and easy over the internet, while in the previous years seeking for a job required several visits to the offices and companies and interviews, these days all what is required is you detail resume emailed to the company's analysis division which assures you of any possibilities for getting the job instead of waiting and getting rejected in the end. Even in the minor daily life activities like traveling and planning is also related to the internet in some way or

the other. Internet can now be used to inquire about the flight timings and delays which make it easier to plan for the departure time. Any piece of information regarding anything at all in our daily lives, may it be a cosmetic technique for the ladies or the men health problems, the cooking recipes for trying the new dishes or the home decoration tips, the information on the latest appliance or product you are going to buy or the search for the new house, it is all there ready for you on the internet. The most interesting aspect of the internet influencing our daily lives is the factor of entertainment. Entertainment no longer demands your money or expense, today you can just log on the internet in your free time and get involved talking to people of similar interests, or watch movies or play games, its all there in the internet.

- 25. Rahul can read 690 words in 4 minutes. Calculate Rahul's reading speed?**

(D) INFORMATION STORING SKILL

- 26. A good note contains no abbreviations and has chunks copied from books or lectures.**
- a) True
 - b) false
 - c) do not know
- 27. Note making involves ...**
- a) taking notes from books
 - b) organizing rough notes
 - c) copying down what is dictated
 - d) all the above
 - e) do not know
- 28. To improve your note taking skill during lectures ...**
- a) avoid writing details you can easily get later from a textbook
 - b) avoid using abbreviations and symbols
 - c) do not challenge what the lecturer says
 - d) do not know
- 29. In order to improve your listening skill practice listening attentively the first ten minutes of the period since this will help you develop the power to listen well for the rest of the period.**
- a) True
 - b) false
 - c) do not know
- 30. In the Cornell system of note taking you divide the record sheet into**
- a) two columns
 - b) three columns
 - c) four columns
 - d) none of the above
 - e) do not know
- 31. Mind maps can be used for**
- a) making notes
 - b) taking notes from lectures
 - c) quick revision
 - d) all the above
 - e) do not know

32. Form abbreviations for each of the following words. Use the way of abbreviation that you think best suits the word.

- 1. incomplete -----
- 2. master -----
- 3. perfect -----
- 4. gorgeous -----

33. Read each sentence that follows and rewrite them using symbols. You can use the same symbol more than once.

Living in the twenty first century is not the same as living in the twentieth century.

She found out the increase in percentage of students using the internet.

34. Read the following information about Yoga and prepare a mind map for the same.

Yoga

The word Yoga comes from the Sanskrit word "Yuj" meaning to yoke, join or unite. This implies joining or integrating all aspects of the individual - body with mind and mind with soul - to achieve a happy, balanced and useful life, and spiritually, uniting the individual with the supreme. According to the Yoga Sutras of Patanjali, the ultimate aim of Yoga is to reach "Kaivalya" (emancipation or ultimate freedom). This is the experience of one's innermost being or "soul". Yoga is therefore a spiritual quest. However, along the path of yoga, the aspirant also gains health, happiness, tranquillity and knowledge which are indicators of progress and an encouragement to continue their practice. There are said to be 4 main paths (Margas), according to the Bhagavad Gita, by which to reach the ultimate goal of Yoga - "Kaivalya." There is the path of Knowledge (Jnana Marga) in which one learns to discriminate between what is real and what is illusory, the path of selfless work (Karma marga), the path of devotion (Bhakti Marga) and the path of control of the mind (Yoga Marga) where all the activities of the mind and consciousness are studied and brought under control.

(D) INFORMATION RETENTION SKILL

- 35. Most people use less than 10% of their brain. This statement is true or false.**
- a) True
 - b) false
 - c) do not know
- 36. The right brain deals with ...**
- a) logic
 - b) creativity
 - c) language
 - d) do not know
- 37. Which of the following nutrients are concentrated in the brain and are associated with cognitive function?**
- a) vitamin B
 - b) vitamin E
 - c) Omega-3-fatty acids
 - d) all the above
 - e) do not know
- 38. Deep breathing exercises like pranayam increases the capacity of the brain.**
- a) True
 - b) false
 - c) do not know
- 39. In order to maintain our ability to remember high enough, we should not take rest in between. This statement is ...**
- a) True
 - b) false
 - c) do not know
- 40. In order to improve your information retention skill, in a 2 hour learning session you should have _____ learning periods.**
- a) 2
 - b) 3
 - c) 4
 - d) 1
 - e) do not know

- a) 7 ± 2
b) 8 ± 3
c) 5 ± 2
d) 7
e) do not know

- ## 1. ABACUSMATSTU

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- | | | |
|-----|---------|-------------|
| may | mango | watermelon |
| sun | morning | temperature |

(F) INFORMATION RETRIEVAL SKILL

44. The acronym "POPE" can be used to remember which of the following information ...
- a) pen, rubber, pencil, eraser
 - b) peacock, owl, parrot, eagle
 - c) peacock, owl, parrot, eagle, swan
 - d) none of the above
 - e) do not know
45. The acronymic sentence "At the girls club" refers to ...
- a) planets of solar system
 - b) colours of rainbow
 - c) pairing of nuclear bases in DNA
 - d) none of the above
 - e) do not know
46. The first step in the keyword strategy is to ...
- a) change the word whose meaning you need to remember into a keyword.
 - b) Create a picture in your mind of the keyword
 - c) recall the picture you created in your mind
 - d) none of the above
 - e) do not know
47. The strategy in which you retrieve information with the help of visual cues is...
- a) acronym
 - b) abbreviation
 - c) keyword
 - d) pegword
 - e) d & c
 - f) do not know
48. Write an acronym for each of the following sets of information. The pieces of information in each set can be remembered in any order.
- 1. Elements: Uranium, Silver, Titanium, Mercury
 - 2. Countries: Denmark, England, Russia, Switzerland, Malaysia

49. Write an abbreviation for each of the following sets of information. The pieces of information in each set should be remembered in order:

1. Colours of Rainbow: violet, indigo, blue, green, yellow, orange, red

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2. Neighboring countries of India: Bangladesh, Bhutan, Burma, China, Nepal, Pakistan , Afghanistan

50. Use the peg word strategy to remember the following information.

Names of last four Presidents of India:

1. Shankar Dayal Sharma

-
2. K.R. Narayanan

-
3. A.P.J. Abdul Kalam

-
4. Pratibha Patil
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