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ATh 115 Success for Life and Ministry  
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Writing Assignment #5  
Reflection on Chapter 9 & 10

Chapter 9

Chapter 9 focuses on "Test Taking". The chapter discusses different test preparation

techniques. Ways to review study materials, emergency test preparation techniques. Prepares

us for ways in which to deal with anxiety, and tips for taking objective test, and how to write a

good essay. When taking test a great way to prepare for the test, is to make sure we have good

test review tools. The chapter mentions we should make use of flash cards, summary sheets,

mind maps, and study groups. Flash cards are an effective way to learn facts and details for

objective tests such as true false, multiple choice, matching, and fill in the blank. Summary

sheets are used to record the key ideas from your lecture notes or textbook. Mind maps is a

visual picture of the items you may wish to remember. A study group is helpful in motivating

yourself to learn through discussions of the material with other people. I found the section on

dealing with anxiety also helpful. The chapter gave us some helpful tips as to how we can deal

with anxiety. They are do some physical exercise, get a good night sleep before the test.

Visualize and research your success, acknowledge your anxiety, do the easy questions first and

mark the ones that may be difficult.

## Chapter 10

Chapter 10 discusses Communication and Relationships. The chapter asks us the

questions, what is our personal communication style? What are some problems in

communication? What are some techniques for being a good listener? What is the best way to

communicate in a crisis situation? What are some conflict management techniques? What are

the qualities of a good friendship? How can I get along with my roommate? How can I improve

my relationships? How is failure an opportunity for learning? How we communicate with

people and the relationships we build say a lot about ourselves. How we handle conflict and

misunderstandings is a result of our communication skills. The sub topic “How to be a good

leader” interested me the most in chapter 10. Being a good listener takes practice and effort. It

takes patience to hear someone else out, and let them finish before you begin to speak. Also

once you speak, be able to comprehend what was said and respond in the appropriate manner.

Some tips to being a good listener is to talk less. We have to listen to gain to a good

understanding. Minimize distractions when trying to listen. Don't judge too soon, wait for the

information to process before we give feedback. Listen for the main point in the conversation,

it is usually the most important part of a conversation. Ask questions about the conversation as

well this only lets the person know that you are engaged in the conversation.