

IMPROVING BASIC STUDY SKILLS

Purpose: This lesson helps students improve/reinforce effective study habits. Guidelines are provided to help students evaluate and improve their current study habits.

Time Required for Lesson: 50 minutes

Grade Level: 9-10

Missouri Comprehensive Guidance Strand: Academic Development

Big Idea: AD 4. Applying skills needed for educational achievement

Concept: B. Self-management for educational achievement

ASCA Standards: Academic Development

A. Students will acquire the attitudes, knowledge and skills contributing to effective learning in school and across the lifespan.

Materials: *A Model for Effective Studying* handout

Comprehensive Guidance Program Curriculum Unit/Lesson links

Grade 9-10 **Unit:** Learning for Life **Concepts:** AD.4.B  

Show Me Standards: Performance Goals (check one or more that apply)

X	Goal 1: gather, analyze and apply information and ideas 6. Discover and evaluate patterns and relationships in information, ideas and structures 10. Apply acquired information, ideas and skills to different contexts as students, workers, citizens and consumers
X	Goal 2: communicate effectively within and beyond the classroom
X	Goal 3: recognize and solve problems 3. Develop and apply strategies based on one's own experience in preventing or solving problems
X	Goal 4: make decisions and act as responsible members of society

This lesson supports the development of skills in the following academic content areas.

Academic Content Area(s)

Specific Skill(s)

X	Communication Arts	1. Speaking and writing standard English (including grammar, usage, punctuation, spelling, capitalization) 6. Participating in formal and informal presentations and discussions of issues and ideas
	Mathematics	
X	Social Studies	6. Relationships of the individual and groups to institutions and cultural traditions.
	Science	
	Health/Physical Education	
	Fine Arts	

Enduring Life Skill(s)

X	Perseverance		Integrity	X	Problem Solving
	Courage		Compassion		Tolerance
	Respect	X	Goal Setting		

Lesson Assessment acceptable evidence of what learners will know and be able to do as a result of this lesson:

Four week check of student's progress determines the effectiveness of the study model

Lesson Preparation

Essential Questions: Do strategies contribute to our success?

Engagement (Hook): Do you have plans to be successful in high school? If so, what are they?

Procedures

<i>Professional School Counselor Procedures:</i>	<i>Student Involvement:</i>
<ol style="list-style-type: none">1. Distribute the "A Model for Effective Studying" handout and review each section with students2. Ask students to use the guidelines on the handout to complete an assignment they have. For textbook reading assignments, encourage students to follow guidelines #1 and #2 on the handout.3. Circulate around the room to assist students with questions regarding his or her assignment and the guidelines.	<ol style="list-style-type: none">1. Students receive handout and review each section2. Students use the guidelines on the handout to complete an assignment they have and follow guidelines #1 and #2 of the handout for reading assignments.3. Students work on assignments using the guidelines and ask questions for clarification.

A Model for Effective Studying

1. Previewing textbook chapters

- *Scan chapter headings*
- *Scan illustrations*
- *Skim introductions and summaries*
- *Skim study questions*

2. Reading

- *Understand the meaning of new vocabulary words*
- *Paint the total picture of what you are trying to learn by keeping in mind the questions you want to answer*
- *Find the main idea in each paragraph or section*
- *Use supplementary materials in addition to the textbook to help you understand*

3. Note-Taking

- *Create a standard outline*
- *Use mind mapping. Highlight, circle, underline, draw, or use arrows or capital letters to emphasize main ideas.*
- *Review notes. Establish a practice and review schedule*

4. Listening

- *Listen for main ideas*
- *Follow directions*

5. Preparing for examinations

- *Review important facts and principles from class and study notes*
- *Create sample questions that you think might be asked and answer them*
- *Give yourself plenty of time to study*

6. Taking tests and examinations

- *Read the directions and questions carefully*
- *Plan your answer to essay questions through an outline*
- *Be familiar with the types of problems or questions asked on tests and exams*
- *Plan to distribute your time to answer difficult or time-consuming questions*
- *Proofread and check your answers*

7. Managing time

- *Keep up to date in your assignments and reading*
- *Have a study schedule in which you set aside time each day for studying*
- *Divide your study time among the various subjects*

8. Arranging a study setting

- *Make sure that your desk or table is large enough*
- *Ensure that your study space is neat and free from distractions*
- *Study in a quiet place, one that is free from noisy disturbances*
- *Ensure that you have the equipment and materials you need*