

STUDYING FOR SUCCESS

Purpose: This lesson provides students with successful study techniques for the increased challenges of high school workload.

Time Required for Lesson: 50 minutes

Grade Level: 9-11

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 a lifespan.

Materials: *Survival Guide for High School Students and Parents* handout

Comprehensive Guidance Program Curriculum Unit/Lesson links

Grade 9-11 **Unit:** Learning for Life **Concept:** AD 4.B  

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

X	Goal 1: gather, analyze and apply information and ideas 8. Organize data, information and ideas into useful forms (including charts, graphs, outlines) for analysis or presentation
X	Goal 2: communicate effectively within and beyond the classroom
X	Goal 3: recognize and solve problems 2. Develop and apply strategies based on ways others have prevented or solved problems 4. Evaluate the processes used in recognizing and solving problems 6. Examine problems and proposed solutions from multiple perspectives
X	Goal 4: make decisions and act as responsible members of society 1. Explain reasoning and identify information used to support decisions 5. Develop, monitor and revise plans of action to meet deadlines and accomplish goals

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

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

Student participation in discussion of handout and suggestions of additional ideas.

Lesson Preparation

Essential Questions: What strategies can be used to help you study for success?
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Engagement (Hook): Place this statement on the board, ‘Failing to plan is planning to fail’ Explain to students that the lack of planning can result in failure.

Procedures

Professional School Counselor Procedures:	Student Involvement:
1. Explain to students the need for improved study skills and the importance of good grades	1. Students listen
2. Distribute the “Survival Guide for High School Students and Parents” student handout and discuss each suggestion for successful studying. Ask for feedback on each aspect.	2. Students receive the handout and discuss each suggestion for successful studying.
3. Summarize the key points with the class and ask students to volunteer additional ideas they may have. Ask students to take the handout home and share with their parents.	3. Students volunteer additional ideas they may have. Students take the handout home and share with parents

SURVIVAL GUIDE FOR HIGH SCHOOL STUDENTS AND PARENTS

Studying

- Instead of cramming the night before a test, study a little every day.
- Take occasional breaks; rejuvenate your brain.
- Your study area should be well-lighted, comfortable, and free of distractions. TVs and stereos can prevent you from concentrating and make your study time less efficient.
- Rest, relaxation, exercise, and a proper diet promotes one's efficiency. A high protein, low sugar breakfast is helpful for maintaining a constant energy level all day.
- Think of your study time as a pleasant learning experience rather than a chore.
- Form a study group with classmates if it suits your learning style.
- Seek tutoring from your school and various community resources.

Preparing for the Test

- Keep up with your schoolwork. Once you fall behind, it's hard to catch up.
- Pay attention to review sessions. Ask questions about what type of test questions to expect. If you don't understand something, ask your teacher.
- Review the major ideas (concepts) of the test material. Learn the key vocabulary words. Make flash cards of the vocabulary if it helps you. Ask someone to test you on them.

Taking the Test

Don't panic! Everyone feels tension before taking a test. Tension helps you stay alert. Let it work for you. Read the entire test before doing anything else. This will allow you to:

- Get rid of a few butterflies
- Choose the easiest questions to answer first
- Budget your time
- Start thinking about the tougher questions
- Pick up clues to some questions in other questions
- Use the process of elimination for matching or multiple choice questions
- On true/false tests, look for words such as all, always, never, and none. If you can think of just one exception, the question is false
- For essay questions, think first, create a simple outline, and then write your answer
- If you have trouble interpreting a question, think about the concepts that you studies. One of them will probably be the key to the answer

Taking Lecture Notes

- Don't try to write down everything the teacher says; listen carefully until you understand the point that is being made, then write it down in your own words. Pay particular attention to examples.
- Don't be afraid to ask questions when you don't understand. If you don't understand, others probably don't understand either.
- Review your notes during your regular evening study session while concepts are still fresh in your mind. Add whatever you need to make your notes clear. If you let the notes sit until the night before the exam, they may make no sense to you at all. By looking over your notes while they're fresh in your mind, you'll be able to ask questions if you don't understand.

Textbook Reading Skills

Before you start reading a textbook, preview the material. Previewing consists of the following steps:

- Look at all of the illustrations or figures and read the captions.
- Read all the boldface words in the chapter. Topic headings and key vocabulary words are often printed in boldface type.
- Read the first and last paragraphs in the chapter.
- Briefly read any questions, vocabulary lists, chapter summaries, or chapter objectives if they are present.
- Skim the entire chapter. Scan the material quickly, letting your eyes pick up words and phrases more or less at random.
- Previewing gives you an overview of the material you are about to read. The overview will act as a framework into which you will be able to sort the details of the chapter into their proper places.